



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

□□□□

Fabian Boden

□□□: 40:29

□□: Höchster Schwimmverein 1893 e.V.

□□: 404

□□: 12.90 km

□□□□□/□□□: 12 (of 46)

Chari Tria Youth 3 (0,4-10,0-2,5)

□□□□□/□: 10 (of 28)

□□□□□□: 35:16

□□□□:

□□□□□: 9(of 14)

Jugend B (14-15 J.)

□□□□□□□: 35:16

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	6:11	15:27	6	0:40	6	0:40	0.40	6:11	15:27	6	0:40	6	0:40
Wechsel S -> R	-	1:36	-	8	0:23	12	0:23	0.40	7:47	19:27	6	0:49	6	0:49
Schwimmen □□□	0.40	7:47	19:27	6	0:49	6	0:49	0.40	7:47	19:27	6	0:49	6	0:49
Rad netto	10.00	20:02	2:00	8	2:05	8	2:05	10.40	27:49	2:40	8	2:52	8	2:52
Wechsel R -> L	-	0:40	-	2	0:01	2	0:01	10.40	28:29	2:44	7	2:53	7	2:53
Rad □□□	10.00	20:42	2:04	8	2:06	8	2:06	10.40	28:29	2:44	7	2:53	7	2:53
Lauf	2.50	12:00	4:47	11	2:20	16	2:20	12.90	40:29	3:08	9	5:13	10	5:13