



# 10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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**Julian Burow**

□□□: 43:16

□□: TG Tria Rüsselsheim

□□: 416

□□: 12.90 km

□□□□□/□□□: 22 (of 46)

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

□□□□□/□: 16 (of 28)

□□□□□□: 35:16

□□□□:

□□□□□: 12(of 14)

Jugend B (14-15 J.)

□□□□□□□: 35:16

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.40     | 7:44     | 19:19        | 14      | 2:13    | 23      | 2:13    | 0.40  | 7:44      | 19:19         | 14      | 2:13    | 23      | 2:13    |
| Wechsel S -> R | -        | 1:39     | -            | 9       | 0:26    | 14      | 0:26    | 0.40  | 9:23      | 23:27         | 14      | 2:25    | 21      | 2:25    |
| Schwimmen □□□  | 0.40     | 9:23     | 23:27        | 14      | 2:25    | 21      | 2:25    | 0.40  | 9:23      | 23:27         | 14      | 2:25    | 21      | 2:25    |
| Rad netto      | 10.00    | 20:24    | 2:02         | 10      | 2:27    | 10      | 2:27    | 10.40 | 29:47     | 2:51          | 11      | 4:50    | 13      | 4:50    |
| Wechsel R -> L | -        | 0:43     | -            | 5       | 0:04    | 9       | 0:04    | 10.40 | 30:30     | 2:55          | 10      | 4:54    | 12      | 4:54    |
| Rad □□□        | 10.00    | 21:07    | 2:06         | 10      | 2:31    | 10      | 2:31    | 10.40 | 30:30     | 2:55          | 10      | 4:54    | 12      | 4:54    |
| Lauf           | 2.50     | 12:46    | 5:06         | 13      | 3:06    | 20      | 3:06    | 12.90 | 43:16     | 3:21          | 12      | 8:00    | 16      | 8:00    |