



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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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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