



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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Pauline Leonhardt

□□□: 41:55

□□: Triathlon Team DSW Darmstadt

□□: 433

□□: 12.90 km

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

□□□□□/□□□: 16 (of 46)

□□□□□/□: 4 (of 18)

□□□□□□: 38:50

□□□□:

Jugend B w (14-15 J.)

□□□□□: 3(of 8)

□□□□□□□: 38:50

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.40 | 6:31 | 16:17 | 4 | 0:23 | 5 | 0:26 | 0.40 | 6:31 | 16:17 | 4 | 0:23 | 5 | 0:26 |
| Wechsel S -> R | - | 1:32 | - | 6 | 0:23 | 9 | 0:23 | 0.40 | 8:03 | 20:07 | 4 | 0:36 | 5 | 0:36 |
| Schwimmen □□□ | 0.40 | 8:03 | 20:07 | 4 | 0:36 | 5 | 0:36 | 0.40 | 8:03 | 20:07 | 4 | 0:36 | 5 | 0:36 |
| Rad netto | 10.00 | 20:56 | 2:05 | 3 | 0:57 | 3 | 0:57 | 10.40 | 28:59 | 2:47 | 3 | 1:33 | 4 | 1:33 |
| Wechsel R -> L | - | 0:39 | - | 1 | - | 1 | - | 10.40 | 29:38 | 2:50 | 3 | 1:28 | 4 | 1:28 |
| Rad □□□ | 10.00 | 21:35 | 2:09 | 3 | 0:52 | 3 | 0:52 | 10.40 | 29:38 | 2:50 | 3 | 1:28 | 4 | 1:28 |
| Lauf | 2.50 | 12:17 | 4:54 | 5 | 1:39 | 8 | 1:39 | 12.90 | 41:55 | 3:14 | 3 | 3:05 | 4 | 3:05 |