



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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Anna Prokhorova

□□□: 45:48

□□: TG Tria Rüsselsheim

□□: 450

□□: 12.90 km

□□□□□/□□□: 28 (of 46)

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

□□□□□/□: 9 (of 18)

□□□□□□: 38:50

□□□□:

□□□□□: 6(of 8)

Jugend B w (14-15 J.)

□□□□□□□: 38:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	7:12	18:00	6	1:04	7	1:07	0.40	7:12	18:00	6	1:04	7	1:07
Wechsel S -> R	-	1:24	-	3	0:15	5	0:15	0.40	8:36	21:29	6	1:09	7	1:09
Schwimmen □□□	0.40	8:36	21:29	6	1:09	7	1:09	0.40	8:36	21:29	6	1:09	7	1:09
Rad netto	10.00	22:44	2:16	6	2:45	9	2:45	10.40	31:20	3:00	7	3:54	10	3:54
Wechsel R -> L	-	0:40	-	2	0:01	3	0:01	10.40	32:00	3:04	7	3:50	10	3:50
Rad □□□	10.00	23:24	2:20	6	2:41	9	2:41	10.40	32:00	3:04	7	3:50	10	3:50
Lauf	2.50	13:48	5:31	7	3:10	15	3:10	12.90	45:48	3:33	6	6:58	9	6:58