



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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Bogdan Prokhorov

□□□: 39:29

□□: TG Tria Rüsselsheim

□□: 448

□□: 12.90 km

□□□□□/□□□: 9 (of 46)

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

□□□□□/□: 8 (of 28)

□□□□□□: 35:16

□□□□:

□□□□□: 1(of 14)

Schüler A (12-13 J.)

□□□□□□□: 39:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	6:35	16:27	3	0:19	13	1:04	0.40	6:35	16:27	14	0:19	28	1:04
Wechsel S -> R	-	1:13	-	1	-	1	-	0.40	7:48	19:30	1	-	28	0:50
Schwimmen □□□	0.40	7:48	19:30	1	-	28	0:50	0.40	7:48	19:30	1	-	28	0:50
Rad netto	10.00	20:29	2:02	1	-	11	2:32	10.40	28:17	2:43	1	-	28	3:20
Wechsel R -> L	-	0:40	-	1	-	2	0:01	10.40	28:57	2:47	1	-	29	3:21
Rad □□□	10.00	21:09	2:06	1	-	11	2:33	10.40	28:57	2:47	1	-	29	3:21
Lauf	2.50	10:32	4:12	1	-	5	0:52	12.90	39:29	3:03	1	-	8	4:13