



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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Julius Nothnagel

□□□: 41:42

□□: Rea Card Team Tus Griesheim

□□: 426

□□: 12.90 km

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

□□□□□/□□□: 14 (of 46)

□□□□□/□: 11 (of 28)

□□□□□□: 35:16

□□□□:

Schüler A (12-13 J.)

□□□□□: 2(of 14)

□□□□□□□: 39:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	6:31	16:17	2	0:15	10	1:00	0.40	6:31	16:17	14	0:15	10	1:00
Wechsel S -> R	-	1:22	-	2	0:09	5	0:09	0.40	7:53	19:42	2	0:05	8	0:55
Schwimmen □□□	0.40	7:53	19:42	2	0:05	8	0:55	0.40	7:53	19:42	2	0:05	8	0:55
Rad netto	10.00	21:11	2:07	2	0:42	12	3:14	10.40	29:04	2:47	2	0:47	28	4:07
Wechsel R -> L	-	0:40	-	1	-	2	0:01	10.40	29:44	2:51	2	0:47	29	4:08
Rad □□□	10.00	21:51	2:11	2	0:42	12	3:15	10.40	29:44	2:51	2	0:47	29	4:08
Lauf	2.50	11:58	4:47	5	1:26	15	2:18	12.90	41:42	3:13	2	2:13	11	6:26