



# 10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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## Hagen Schrader

□□□: 46:26

□□: WVC Kassel

□□: 417

□□: 12.90 km

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

□□□□□/□□□: 31 (of 46)

□□□□□/□: 21 (of 28)

□□□□□□: 35:16

□□□□:

Schüler A (12-13 J.)

□□□□□: 9(of 14)

□□□□□□□: 39:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	7:34	18:54	9	1:18	22	2:03	0.40	7:34	18:54	9	1:18	22	2:03
Wechsel S -> R	-	1:57	-	12	0:44	24	0:44	0.40	9:31	23:47	14	1:43	23	2:33
Schwimmen □□□	0.40	9:31	23:47	14	1:43	23	2:33	0.40	9:31	23:47	14	1:43	23	2:33
Rad netto	10.00	22:29	2:14	9	2:00	22	4:32	10.40	32:00	3:04	14	3:43	22	7:03
Wechsel R -> L	-	1:21	-	13	0:41	26	0:42	10.40	33:21	3:12	15	4:24	22	7:45
Rad □□□	10.00	23:50	2:23	12	2:41	25	5:14	10.40	33:21	3:12	15	4:24	22	7:45
Lauf	2.50	13:05	5:14	9	2:33	22	3:25	12.90	46:26	3:35	9	6:57	21	11:10