



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

□□□□

Josefine Leonhardt

□□□: 43:19

□□: Triathlon Team DSW Darmstadt

□□: 442

□□: 12.90 km

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

□□□□□/□□□: 23 (of 46)

□□□□□/□: 7 (of 18)

□□□□□□: 38:50

□□□□:

Schülerinnen A (12-13 J.)

□□□□□: 2(of 10)

□□□□□□□: 41:04

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.40 | 8:02 | 20:04 | 7 | 1:57 | 15 | 1:57 | 0.40 | 8:02 | 20:04 | 7 | 1:57 | 15 | 1:57 |
| Wechsel S -> R | - | 1:22 | - | 1 | - | 3 | 0:13 | 0.40 | 9:24 | 23:30 | 6 | 1:57 | 13 | 1:57 |
| Schwimmen □□□ | 0.40 | 9:24 | 23:30 | 6 | 1:57 | 13 | 1:57 | 0.40 | 9:24 | 23:30 | 6 | 1:57 | 13 | 1:57 |
| Rad netto | 10.00 | 21:15 | 2:07 | 2 | 0:13 | 6 | 1:16 | 10.40 | 30:39 | 2:56 | 3 | 2:10 | 8 | 3:13 |
| Wechsel R -> L | - | 0:39 | - | 1 | - | 1 | - | 10.40 | 31:18 | 3:00 | 3 | 1:44 | 7 | 3:08 |
| Rad □□□ | 10.00 | 21:54 | 2:11 | 1 | - | 4 | 1:11 | 10.40 | 31:18 | 3:00 | 3 | 1:44 | 7 | 3:08 |
| Lauf | 2.50 | 12:01 | 4:48 | 2 | 0:31 | 6 | 1:23 | 12.90 | 43:19 | 3:21 | 2 | 2:15 | 7 | 4:29 |