



# 10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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**Folkemina Sauer**

□□□: 43:24

□□: Triathlon Team DSW Darmstadt

□□: 447

□□: 12.90 km

□□□□□/□□□: 24 (of 46)

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

□□□□□/□: 8 (of 18)

□□□□□□: 38:50

□□□□:

□□□□□: 3(of 10)

Schülerinnen A (12-13 J.)

□□□□□□□: 41:04

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.40     | 7:40     | 19:10        | 5       | 1:35    | 12      | 1:35    | 0.40  | 7:40      | 19:10         | 5       | 1:35    | 12      | 1:35    |
| Wechsel S -> R | -        | 1:34     | -            | 4       | 0:12    | 11      | 0:25    | 0.40  | 9:14      | 23:04         | 4       | 1:47    | 11      | 1:47    |
| Schwimmen □□□  | 0.40     | 9:14     | 23:04        | 4       | 1:47    | 11      | 1:47    | 0.40  | 9:14      | 23:04         | 4       | 1:47    | 11      | 1:47    |
| Rad netto      | 10.00    | 21:15    | 2:07         | 2       | 0:13    | 6       | 1:16    | 10.40 | 30:29     | 2:55          | 2       | 2:00    | 7       | 3:03    |
| Wechsel R -> L | -        | 0:46     | -            | 6       | 0:07    | 11      | 0:07    | 10.40 | 31:15     | 3:00          | 2       | 1:41    | 6       | 3:05    |
| Rad □□□        | 10.00    | 22:01    | 2:12         | 2       | 0:07    | 6       | 1:18    | 10.40 | 31:15     | 3:00          | 2       | 1:41    | 6       | 3:05    |
| Lauf           | 2.50     | 12:09    | 4:51         | 3       | 0:39    | 7       | 1:31    | 12.90 | 43:24     | 3:21          | 3       | 2:20    | 8       | 4:34    |