



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

0000

Tobias Hellwig

000: 1:16:22

00: 178

00: 25.55 km

Chari Tria (0,55-20,0-5,0)

00000/000: 29 (of 70)

00000/0: 27 (of 55)

000000: 58:31

0000:

Männer AK3

00000: 1(of 3)

0000000: 1:16:22

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.55	11:37	21:07	1	-	30	4:40	0.55	11:37	21:07	1	-	30	4:40
Wechsel S -> R	-	2:39	-	2	0:07	33	1:32	0.55	14:16	25:56	1	-	31	6:12
Schwimmen 000	0.55	14:16	25:56	1	-	31	6:12	0.55	14:16	25:56	1	-	31	6:12
Rad netto	20.00	35:13	1:45	1	-	22	5:52	20.55	49:29	2:24	1	-	26	10:27
Wechsel R -> L	-	1:12	-	1	-	23	0:33	20.55	50:41	2:27	1	-	25	10:51
Rad 000	20.00	36:25	1:49	1	-	21	6:16	20.55	50:41	2:27	1	-	25	10:51
Lauf	5.00	25:41	5:08	1	-	34	8:28	25.55	1:16:22	2:59	1	-	27	17:51