



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

□□□□

Sebastian Blum

□□□: 1:09:25

□□: RVW Gambach

□□: 190

□□: 25.55 km

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

□□□□□/□□□: 18 (of 70)

□□□□□/□: 16 (of 55)

□□□□□□: 58:31

□□□□:

Männer AK4

□□□□□: 2(of 5)

□□□□□□□: 1:07:20

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.55 | 12:49 | 23:18 | 3 | 2:31 | 36 | 5:52 | 0.55 | 12:49 | 23:18 | 3 | 2:31 | 36 | 5:52 |
| Wechsel S -> R | - | 1:32 | - | 1 | - | 11 | 0:25 | 0.55 | 14:21 | 26:05 | 6 | 1:45 | 32 | 6:17 |
| Schwimmen □□□ | 0.55 | 14:21 | 26:05 | 6 | 1:45 | 32 | 6:17 | 0.55 | 14:21 | 26:05 | 6 | 1:45 | 32 | 6:17 |
| Rad netto | 20.00 | 31:51 | 1:35 | 1 | - | 7 | 2:30 | 20.55 | 46:12 | 2:14 | 6 | 0:57 | 15 | 7:10 |
| Wechsel R -> L | - | 0:49 | - | 2 | 0:02 | 6 | 0:10 | 20.55 | 47:01 | 2:17 | 6 | 0:59 | 15 | 7:11 |
| Rad □□□ | 20.00 | 32:40 | 1:38 | 1 | - | 6 | 2:31 | 20.55 | 47:01 | 2:17 | 6 | 0:59 | 15 | 7:11 |
| Lauf | 5.00 | 22:24 | 4:28 | 2 | 1:06 | 19 | 5:11 | 25.55 | 1:09:25 | 2:43 | 2 | 2:05 | 16 | 10:54 |