



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

0000

Christian Metz

000: 1:17:46

00: 133

00: 25.55 km

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

00000/000: 35 (of 70)

00000/0: 32 (of 55)

000000: 58:31

0000:

Senioren 1 MK40

00000: 6(of 9)

0000000: 1:08:23

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0000

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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	8:55	16:12	1	-	10	1:58	0.55	8:55	16:12	1	-	56	1:58
Wechsel S -> R	-	2:13	-	2	0:07	25	1:06	0.55	11:08	20:14	1	-	56	3:04
Schwimmen 000	0.55	11:08	20:14	1	-	56	3:04	0.55	11:08	20:14	1	-	56	3:04
Rad netto	20.00	38:33	1:55	6	7:15	36	9:12	20.55	49:41	2:25	4	4:09	56	10:39
Wechsel R -> L	-	1:12	-	2	0:18	23	0:33	20.55	50:53	2:28	3	4:06	56	11:03
Rad 000	20.00	39:45	1:59	6	6:43	36	9:36	20.55	50:53	2:28	3	4:06	56	11:03
Lauf	5.00	26:53	5:22	9	8:18	42	9:40	25.55	1:17:46	3:02	6	9:23	32	19:15