



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

□□□□

Stefan Fritz

□□□: 1:13:48

□□: Die Durchgeknallten

□□: 153

□□: 25.55 km

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

□□□□□/□□□: 26 (of 70)

□□□□□/□: 24 (of 55)

□□□□□□: 58:31

□□□□:

Senioren 2 MK45

□□□□□: 4(of 8)

□□□□□□□: 59:03

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.55 | 11:25 | 20:45 | 4 | 3:11 | 28 | 4:28 | 0.55 | 11:25 | 20:45 | 4 | 3:11 | 56 | 4:28 |
| Wechsel S -> R | - | 2:05 | - | 4 | 0:55 | 21 | 0:58 | 0.55 | 13:30 | 24:32 | 5 | 4:06 | 56 | 5:26 |
| Schwimmen □□□ | 0.55 | 13:30 | 24:32 | 5 | 4:06 | 56 | 5:26 | 0.55 | 13:30 | 24:32 | 5 | 4:06 | 56 | 5:26 |
| Rad netto | 20.00 | 35:12 | 1:45 | 5 | 5:09 | 21 | 5:51 | 20.55 | 48:42 | 2:22 | 9 | 8:09 | 56 | 9:40 |
| Wechsel R -> L | - | 1:19 | - | 5 | 0:30 | 27 | 0:40 | 20.55 | 50:01 | 2:26 | 9 | 8:39 | 56 | 10:11 |
| Rad □□□ | 20.00 | 36:31 | 1:49 | 5 | 5:12 | 23 | 6:22 | 20.55 | 50:01 | 2:26 | 9 | 8:39 | 56 | 10:11 |
| Lauf | 5.00 | 23:47 | 4:45 | 4 | 6:06 | 25 | 6:34 | 25.55 | 1:13:48 | 2:53 | 4 | 14:45 | 24 | 15:17 |