



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

0000

Markus Thier

000: 1:18:07

00: 152

00: 25.55 km

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

00000/000: 36 (of 70)

00000/0: 33 (of 55)

000000: 58:31

0000:

Senioren 2 MK45

00000: 7(of 8)

0000000: 59:03

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.55	12:04	21:56	6	3:50	33	5:07	0.55	12:04	21:56	6	3:50	56	5:07
Wechsel S -> R	-	2:31	-	5	1:21	28	1:24	0.55	14:35	26:30	6	5:11	56	6:31
Schwimmen 000	0.55	14:35	26:30	6	5:11	56	6:31	0.55	14:35	26:30	6	5:11	56	6:31
Rad netto	20.00	37:31	1:52	6	7:28	32	8:10	20.55	52:06	2:32	9	11:33	56	13:04
Wechsel R -> L	-	1:57	-	7	1:08	47	1:18	20.55	54:03	2:37	9	12:41	56	14:13
Rad 000	20.00	39:28	1:58	7	8:09	34	9:19	20.55	54:03	2:37	9	12:41	56	14:13
Lauf	5.00	24:04	4:48	5	6:23	26	6:51	25.55	1:18:07	3:03	7	19:04	33	19:36