



# 10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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**Steffen Ganser**

□□□: 1:25:46

□□: SV Germania 1920 Ockstadt e.V.

□□: 154

□□: 25.55 km

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

□□□□□/□□□: 52 (of 70)

□□□□□/□: 45 (of 55)

□□□□□□: 58:31

□□□□:

Senioren 3 MK50

□□□□□: 6(of 8)

□□□□□□□: 1:03:55

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□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.55     | 13:18    | 24:10        | 7       | 5:08    | 43      | 6:21    | 0.55  | 13:18     | 24:10         | 7       | 5:08    | 56      | 6:21    |
| Wechsel S -> R | -        | 2:07     | -            | 4       | 0:30    | 23      | 1:00    | 0.55  | 15:25     | 28:01         | 6       | 5:31    | 56      | 7:21    |
| Schwimmen □□□  | 0.55     | 15:25    | 28:01        | 6       | 5:31    | 56      | 7:21    | 0.55  | 15:25     | 28:01         | 6       | 5:31    | 56      | 7:21    |
| Rad netto      | 20.00    | 39:15    | 1:57         | 6       | 7:22    | 40      | 9:54    | 20.55 | 54:40     | 2:39          | 6       | 12:39   | 56      | 15:38   |
| Wechsel R -> L | -        | 1:22     | -            | 5       | 0:25    | 29      | 0:43    | 20.55 | 56:02     | 2:43          | 6       | 12:53   | 56      | 16:12   |
| Rad □□□        | 20.00    | 40:37    | 2:01         | 6       | 7:34    | 39      | 10:28   | 20.55 | 56:02     | 2:43          | 6       | 12:53   | 56      | 16:12   |
| Lauf           | 5.00     | 29:44    | 5:56         | 7       | 8:58    | 49      | 12:31   | 25.55 | 1:25:46   | 3:21          | 6       | 21:51   | 45      | 27:15   |