



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

□□□□

Stefano Borgioli

□□□: 1:18:12

□□: Eintracht Frankfurt

□□: 192

□□: 25.55 km

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

□□□□□/□□□: 37 (of 70)

□□□□□/□: 34 (of 55)

□□□□□□: 58:31

□□□□:

Senioren 4 MK55

□□□□□: 2(of 5)

□□□□□□□: 1:05:28

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.55 | 9:58 | 18:07 | 2 | 1:29 | 18 | 3:01 | 0.55 | 9:58 | 18:07 | 2 | 1:29 | 56 | 3:01 |
| Wechsel S -> R | - | 3:10 | - | 4 | 1:21 | 45 | 2:03 | 0.55 | 13:08 | 23:52 | 2 | 2:50 | 56 | 5:04 |
| Schwimmen □□□ | 0.55 | 13:08 | 23:52 | 2 | 2:50 | 56 | 5:04 | 0.55 | 13:08 | 23:52 | 2 | 2:50 | 56 | 5:04 |
| Rad netto | 20.00 | 38:57 | 1:56 | 3 | 6:04 | 38 | 9:36 | 20.55 | 52:05 | 2:32 | 3 | 8:54 | 56 | 13:03 |
| Wechsel R -> L | - | 1:53 | - | 5 | 0:48 | 46 | 1:14 | 20.55 | 53:58 | 2:37 | 3 | 9:42 | 56 | 14:08 |
| Rad □□□ | 20.00 | 40:50 | 2:02 | 3 | 6:52 | 40 | 10:41 | 20.55 | 53:58 | 2:37 | 3 | 9:42 | 56 | 14:08 |
| Lauf | 5.00 | 24:14 | 4:50 | 2 | 3:02 | 27 | 7:01 | 25.55 | 1:18:12 | 3:03 | 2 | 12:44 | 34 | 19:41 |