



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

0000

Volker Kopp

000: 1:25:34

00: 201

00: 25.55 km

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

00000/000: 51 (of 70)

00000/0: 44 (of 55)

000000: 58:31

0000:

Senioren 5 MK60

00000: 3(of 3)

0000000: 1:19:12

0000

0000

000

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	13:15	24:05	3	0:57	42	6:18	0.55	13:15	24:05	4	0:57	56	6:18
Wechsel S -> R	-	3:05	-	3	1:15	44	1:58	0.55	16:20	29:41	4	2:12	56	8:16
Schwimmen 000	0.55	16:20	29:41	4	2:12	56	8:16	0.55	16:20	29:41	4	2:12	56	8:16
Rad netto	20.00	38:34	1:55	2	0:45	37	9:13	20.55	54:54	2:40	4	1:35	56	15:52
Wechsel R -> L	-	1:39	-	3	0:14	37	1:00	20.55	56:33	2:45	4	1:49	56	16:43
Rad 000	20.00	40:13	2:00	2	0:54	37	10:04	20.55	56:33	2:45	4	1:49	56	16:43
Lauf	5.00	29:01	5:48	3	4:33	46	11:48	25.55	1:25:34	3:20	3	6:22	44	27:03