



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

0000

Andrea Heinold

000: 1:22:31

00: 145

00: 25.55 km

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

00000/000: 45 (of 70)

00000/0: 7 (of 15)

000000: 1:04:16

0000:

Seniorinnen 3 WK50

00000: 1(of 1)

0000000: 1:22:31

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	11:44	21:19	1	-	6	3:48	0.55	11:44	21:19	1	-	16	3:48
Wechsel S -> R	-	2:44	-	1	-	7	1:35	0.55	14:28	26:18	1	-	16	5:18
Schwimmen 000	0.55	14:28	26:18	1	-	16	5:18	0.55	14:28	26:18	1	-	16	5:18
Rad netto	20.00	40:28	2:01	1	-	6	6:05	20.55	54:56	2:40	1	-	16	11:23
Wechsel R -> L	-	1:44	-	1	-	11	1:05	20.55	56:40	2:45	1	-	16	12:23
Rad 000	20.00	42:12	2:06	1	-	6	7:05	20.55	56:40	2:45	1	-	16	12:23
Lauf	5.00	25:51	5:10	1	-	7	6:36	25.55	1:22:31	3:13	1	-	7	18:15