



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

0000

Anette Ramberger

000: 1:18:23

00: LCO

00: 146

00: 25.55 km

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

00000/000: 39 (of 70)

00000/0: 5 (of 15)

000000: 1:04:16

0000:

Seniorinnen 4 WK55

00000: 1(of 1)

0000000: 1:18:23

0000

0000

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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	10:17	18:41	1	-	4	2:21	0.55	10:17	18:41	1	-	16	2:21
Wechsel S -> R	-	2:14	-	1	-	5	1:05	0.55	12:31	22:45	1	-	16	3:21
Schwimmen 000	0.55	12:31	22:45	1	-	16	3:21	0.55	12:31	22:45	1	-	16	3:21
Rad netto	20.00	37:38	1:52	1	-	4	3:15	20.55	50:09	2:26	1	-	16	6:36
Wechsel R -> L	-	1:47	-	1	-	12	1:08	20.55	51:56	2:31	1	-	16	7:39
Rad 000	20.00	39:25	1:58	1	-	4	4:18	20.55	51:56	2:31	1	-	16	7:39
Lauf	5.00	26:27	5:17	1	-	8	7:12	25.55	1:18:23	3:04	1	-	5	14:07