



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

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 | 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 |