



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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Running Girls

000: 1:22:35

00: 209

00: 25.55 km

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

00000/000: 4 (of 5)

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000000: 1:07:27

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Staffel

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.55	12:13	22:12	3	3:37	3	3:37	0.55	12:13	22:12	3	3:37	3	3:37
Wechsel S -> R	-	1:30	-	4	0:10	4	0:10	0.55	13:43	24:56	3	3:47	3	3:47
Schwimmen 000	0.55	13:43	24:56	3	3:47	3	3:47	0.55	13:43	24:56	3	3:47	3	3:47
Rad netto	20.00	42:24	2:07	5	6:13	5	6:13	20.55	56:07	2:43	5	9:08	5	9:08
Wechsel R -> L	-	0:43	-	1	-	1	-	20.55	56:50	2:45	5	9:04	5	9:04
Rad 000	20.00	43:07	2:09	5	6:00	5	6:00	20.55	56:50	2:45	5	9:04	5	9:04
Lauf	5.00	25:45	5:09	4	6:04	4	6:04	25.55	1:22:35	3:13	4	15:08	4	15:08