



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

□□□□

Simeon Leo

□□□: 2:29:17

□□: Charity Tria Team

□□: 28

□□: 49.25 km

□□□□□/□□□: 25 (of 42)

Chari Tria Olymp (1,25-38.0-10,0)

□□□□□/□: 22 (of 34)

□□□□□□: 1:49:44

□□□□:

□□□□□: 1(of 1)

Olymp Männer AK1

□□□□□□: 2:29:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	23:54	19:07	1	-	11	5:24	1.25	23:54	19:07	1	-	35	5:24	
Wechsel S -> R	-	3:51	-	1	-	24	2:08	1.25	27:45	22:11	1	-	35	7:32	
Schwimmen □□□	1.25	27:45	22:11	1	-	35	7:32	1.25	27:45	22:11	1	-	35	7:32	
Rad netto	38.00	1:14:46	1:58	1	-	30	22:00	39.25	1:42:31	2:36	1	-	35	29:04	
Wechsel R -> L	-	1:29	-	1	-	10	0:37	39.25	1:44:00	2:38	1	-	35	29:41	
Rad □□□	38.00	1:16:15	2:00	1	-	29	22:37	39.25	1:44:00	2:38	1	-	35	29:41	
Lauf	10.00	45:17	4:31	1	-	18	9:52	49.25	2:29:17	3:01	1	-	22	39:33	