



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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Dominik Lorenz

□□□: 2:15:07

□□: Aalschder Bube Running Squad

□□: 9

□□: 49.25 km

□□□□□/□□□: 12 (of 42)

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

□□□□□/□: 10 (of 34)

□□□□□□: 1:49:44

□□□□:

□□□□□: 4(of 8)

Olymp Männer AK3

□□□□□□□: 1:58:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.25	26:24	21:07	6	7:54	17	7:54	1.25	26:24	21:07	9	7:54	35	7:54	
Wechsel S -> R	-	2:12	-	3	0:29	5	0:29	1.25	28:36	22:52	9	8:23	35	8:23	
Schwimmen □□□	1.25	28:36	22:52	9	8:23	35	8:23	1.25	28:36	22:52	9	8:23	35	8:23	
Rad netto	38.00	1:03:32	1:40	5	5:35	10	10:46	39.25	1:32:08	2:20	9	13:41	35	18:41	
Wechsel R -> L	-	1:42	-	4	0:44	17	0:50	39.25	1:33:50	2:23	9	14:25	35	19:31	
Rad □□□	38.00	1:05:14	1:43	5	6:02	10	11:36	39.25	1:33:50	2:23	9	14:25	35	19:31	
Lauf	10.00	41:17	4:07	3	3:05	8	5:52	49.25	2:15:07	2:44	4	16:46	10	25:23	