



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

0000

Rico König

000: 2:26:39

00: 14

00: 49.25 km

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

00000/000: 24 (of 42)

00000/0: 21 (of 34)

000000: 1:49:44

0000:

Olymp Männer AK4

00000: 4(of 5)

0000000: 2:13:37

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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	1.25	31:13	24:58	5	6:44	33	12:43	1.25	31:13	24:58	5	6:44	35	12:43
Wechsel S -> R	-	4:12	-	3	1:11	28	2:29	1.25	35:25	28:19	5	7:55	35	15:12
Schwimmen 000	1.25	35:25	28:19	5	7:55	35	15:12	1.25	35:25	28:19	5	7:55	35	15:12
Rad netto	38.00	1:06:13	1:44	3	4:16	15	13:27	39.25	1:41:38	2:35	4	9:41	35	28:11
Wechsel R -> L	-	2:13	-	4	1:01	31	1:21	39.25	1:43:51	2:38	4	10:22	35	29:32
Rad 000	38.00	1:08:26	1:48	3	5:17	16	14:48	39.25	1:43:51	2:38	4	10:22	35	29:32
Lauf	10.00	42:48	4:16	3	3:19	11	7:23	49.25	2:26:39	2:58	4	13:02	21	36:55