



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

0000

Knut Seibel

000: 2:12:54

00: 17

00: 49.25 km

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

00000/000: 7 (of 42)

00000/0: 5 (of 34)

000000: 1:49:44

0000:

Olymp Senioren 1 MK40

00000: 1(of 2)

0000000: 2:12:54

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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	27:17	21:49	1	-	19	8:47	1.25	27:17	21:49	1	-	35	8:47
Wechsel S -> R	-	2:18	-	1	-	7	0:35	1.25	29:35	23:39	1	-	35	9:22
Schwimmen 000	1.25	29:35	23:39	1	-	35	9:22	1.25	29:35	23:39	1	-	35	9:22
Rad netto	38.00	1:01:35	1:37	1	-	5	8:49	39.25	1:31:10	2:19	1	-	9	17:43
Wechsel R -> L	-	1:55	-	2	0:03	23	1:03	39.25	1:33:05	2:22	1	-	9	18:46
Rad 000	38.00	1:03:30	1:40	1	-	6	9:52	39.25	1:33:05	2:22	1	-	9	18:46
Lauf	10.00	39:49	3:58	1	-	6	4:24	49.25	2:12:54	2:41	1	-	5	23:10