



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

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Knut Seibel

□□□: 2:12:54

□□: 17

□□: 49.25 km

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

□□□□□/□□□: 7 (of 42)

□□□□□/□: 5 (of 34)

□□□□□□: 1:49:44

□□□□:

Olymp Senioren 1 MK40

□□□□□: 1(of 2)

□□□□□□□: 2:12:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □□□	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 □□□	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	