



Carboo4u Duathlon
Bodenfelde / 10.05.2015

□□□□

Rosien, Cem

□□□: 9:17

□□: Tuspo-Weende

□□: 35

□□: 3.32 km

Duathlon Kids

□□□□□/□□□: 2 (of 18)

□□□□□/□: 2 (of 15)

□□□□□□: 9:12

□□□□:

männliche Schüler B

□□□□□: 1(of 4)

□□□□□□□: 9:17

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|---------------|---------|---------|---------|---------|
| Lauf 1 | 0.40 | 1:48 | 4:30 | 1 | - | 1 | - | 0.40 | 1:48 | 4:30 | 1 | - | 1 | - |
| Wechsel 1 | 0.01 | 0:58 | 96:40 | 2 | 0:05 | 3 | 0:08 | 0.41 | 2:46 | 6:44 | 2 | 0:04 | 3 | 0:07 |
| Lauf □□□ | 0.41 | 2:46 | 6:44 | 2 | 0:04 | 3 | 0:07 | 0.41 | 2:46 | 6:44 | 2 | 0:04 | 3 | 0:07 |
| Rad netto | 2.50 | 3:54 | 1:33 | 1 | - | 1 | - | 2.91 | 6:40 | 2:17 | 1 | - | 1 | - |
| Wechsel 2 | 0.01 | 0:42 | 70:00 | 1 | - | 2 | 0:01 | 2.92 | 7:22 | 2:31 | 1 | - | 1 | - |
| Rad □□□ | 2.51 | 4:36 | 1:49 | 1 | - | 1 | - | 2.92 | 7:22 | 2:31 | 1 | - | 1 | - |
| Lauf 2 | 0.40 | 1:55 | 4:47 | 1 | - | 2 | 0:05 | 3.32 | 9:17 | 2:47 | 1 | - | 2 | 0:05 |