



Carboo4u Duathlon
Bodenfelde / 10.05.2015

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Lüdeke, Jens

000: 1:24:21

00: 86

00: 37.72 km

Carboo4U Duathlon Challenge

00000/000: 7 (of 53)

00000/0: 7 (of 46)

000000: 1:22:11

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AK2 / TM 25

00000: 2(of 3)

0000000: 1:24:06

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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
Lauf 1	4.70	18:01	3:49	1	-	6	0:44	4.70	18:01	3:49	1	-	6	0:44
Wechsel 1	0.01	0:58	96:40	2	0:07	3	0:07	4.71	18:59	4:01	1	-	6	0:44
Lauf 000	4.71	18:59	4:01	1	-	6	0:44	4.71	18:59	4:01	1	-	6	0:44
Rad netto	29.00	49:37	1:42	2	2:32	9	2:32	33.71	1:08:36	2:02	2	1:28	7	2:03
Wechsel 2	0.01	0:54	90:00	2	0:01	8	0:07	33.72	1:09:30	2:03	2	1:29	7	2:10
Rad 000	29.01	50:31	1:44	2	2:33	9	2:33	33.72	1:09:30	2:03	2	1:29	7	2:10
Lauf 2	4.00	14:51	3:42	1	-	4	0:19	37.72	1:24:21	2:14	2	0:15	7	2:10