



Carboo4u Duathlon
Bodenfelde / 10.05.2015

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Heidt, Alexander

000: 1:32:07

00: MTV Vernawahlshausen

00: 76

00: 37.72 km

00000/000: 15 (of 53)

Carboo4U Duathlon Challenge

00000/0: 15 (of 46)

000000: 1:22:11

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00000: 6(of 12)

AK4 / TM 35

0000000: 1:22:11

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Lauf 1	4.70	19:33	4:09	6	2:16	17	2:16	4.70	19:33	4:09	6	2:16	17	2:16
Wechsel 1	0.01	1:29	148:20	8	0:31	29	0:38	4.71	21:02	4:27	6	2:47	16	2:47
Lauf 000	4.71	21:02	4:27	6	2:47	16	2:47	4.71	21:02	4:27	6	2:47	16	2:47
Rad netto	29.00	52:20	1:48	5	4:24	16	5:15	33.71	1:13:22	2:10	6	6:47	15	6:49
Wechsel 2	0.01	1:31	151:39	10	0:38	32	0:44	33.72	1:14:53	2:13	6	7:25	15	7:33
Rad 000	29.01	53:51	1:51	6	4:57	17	5:53	33.72	1:14:53	2:13	6	7:25	15	7:33
Lauf 2	4.00	17:14	4:18	6	2:31	15	2:42	37.72	1:32:07	2:26	6	9:56	15	9:56