



Carboo4u Duathlon
Bodenfelde / 10.05.2015

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Frölich, Michael

000: 1:41:19

00: Frölichs rocken den Brocken

00: 46

00: 37.72 km

Carboo4U Duathlon Challenge

00000/000: 24 (of 53)

00000/0: 24 (of 46)

000000: 1:22:11

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SEN3 / TM 50

00000: 1(of 1)

0000000: 1:41:19

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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	21:44	4:37	1	-	24	4:27	4.70	21:44	4:37	1	-	24	4:27
Wechsel 1	0.01	1:49	181:39	1	-	41	0:58	4.71	23:33	5:00	1	-	26	5:18
Lauf 000	4.71	23:33	5:00	1	-	26	5:18	4.71	23:33	5:00	1	-	26	5:18
Rad netto	29.00	57:08	1:58	1	-	23	10:03	33.71	1:20:41	2:23	1	-	24	14:08
Wechsel 2	0.01	1:36	160:00	1	-	36	0:49	33.72	1:22:17	2:26	1	-	24	14:57
Rad 000	29.01	58:44	2:01	1	-	23	10:46	33.72	1:22:17	2:26	1	-	24	14:57
Lauf 2	4.00	19:02	4:45	1	-	22	4:30	37.72	1:41:19	2:41	1	-	24	19:08