



Carboo4u Duathlon
Bodenfelde / 10.05.2015

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Wedrins, Tom

□□□: 1:42:22

□□: Geschwister-Scholl-Gesamtschule Göttingen

□□: 31

□□: 37.72 km

□□□□□/□□□: 25 (of 53)

Carboo4U Duathlon Challenge

□□□□□/□: 25 (of 46)

□□□□□□: 1:22:11

□□□□:

□□□□□: 4(of 5)

SEN1 / TM 40

□□□□□□□: 1:25:49

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Lauf 1 | 4.70 | 21:59 | 4:40 | 4 | 4:23 | 27 | 4:42 | 4.70 | 21:59 | 4:40 | 4 | 4:23 | 27 | 4:42 | |
| Wechsel 1 | 0.01 | 1:38 | 163:19 | 4 | 0:37 | 36 | 0:47 | 4.71 | 23:37 | 5:00 | 4 | 4:33 | 28 | 5:22 | |
| Lauf □□□ | 4.71 | 23:37 | 5:00 | 4 | 4:33 | 28 | 5:22 | 4.71 | 23:37 | 5:00 | 4 | 4:33 | 28 | 5:22 | |
| Rad netto | 29.00 | 57:17 | 1:58 | 3 | 6:37 | 24 | 10:12 | 33.71 | 1:20:54 | 2:23 | 4 | 11:10 | 25 | 14:21 | |
| Wechsel 2 | 0.01 | 1:35 | 158:19 | 4 | 0:36 | 34 | 0:48 | 33.72 | 1:22:29 | 2:26 | 4 | 11:24 | 26 | 15:09 | |
| Rad □□□ | 29.01 | 58:52 | 2:01 | 3 | 6:51 | 24 | 10:54 | 33.72 | 1:22:29 | 2:26 | 4 | 11:24 | 26 | 15:09 | |
| Lauf 2 | 4.00 | 19:53 | 4:58 | 4 | 5:09 | 25 | 5:21 | 37.72 | 1:42:22 | 2:42 | 4 | 16:33 | 25 | 20:11 | |