



Carboo4u Duathlon
Bodenfelde / 10.05.2015

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Rudek, Christian

000: 1:49:29

00: RSC Göttingen

00: 71

00: 37.72 km

Carboo4U Duathlon Challenge

00000/000: 34 (of 53)

00000/0: 34 (of 46)

000000: 1:22:11

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AK4 / TM 35

00000: 11(of 12)

0000000: 1:22:11

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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	23:16	4:57	12	5:59	34	5:59	4.70	23:16	4:57	12	5:59	34	5:59
Wechsel 1	0.01	1:17	128:20	4	0:19	16	0:26	4.71	24:33	5:12	11	6:18	33	6:18
Lauf 000	4.71	24:33	5:12	11	6:18	33	6:18	4.71	24:33	5:12	11	6:18	33	6:18
Rad netto	29.00	1:00:40	2:05	11	12:44	31	13:35	33.71	1:25:13	2:31	11	18:38	32	18:40
Wechsel 2	0.01	1:18	130:00	8	0:25	23	0:31	33.72	1:26:31	2:33	10	19:03	31	19:11
Rad 000	29.01	1:01:58	2:08	11	13:04	31	14:00	33.72	1:26:31	2:33	10	19:03	31	19:11
Lauf 2	4.00	22:58	5:44	12	8:15	41	8:26	37.72	1:49:29	2:54	11	27:18	34	27:18