



Carboo4u Duathlon
Bodenfelde / 10.05.2015

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Jendrysik, Karl Heinz

000: 1:50:28

00: Laufteam Urbockschänke

00: 29

00: 37.72 km

00000/000: 36 (of 53)

Carboo4U Duathlon Challenge

00000/0: 36 (of 46)

000000: 1:22:11

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00000: 1(of 3)

SEN4 / TM 55

0000000: 1:50:28

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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	22:03	4:41	1	-	28	4:46	4.70	22:03	4:41	1	-	28	4:46
Wechsel 1	0.01	1:29	148:20	3	0:11	29	0:38	4.71	23:32	4:59	1	-	24	5:17
Lauf 000	4.71	23:32	4:59	1	-	24	5:17	4.71	23:32	4:59	1	-	24	5:17
Rad netto	29.00	1:05:36	2:15	2	4:12	40	18:31	33.71	1:29:08	2:38	2	1:23	38	22:35
Wechsel 2	0.01	1:01	101:39	1	-	13	0:14	33.72	1:30:09	2:40	2	1:07	38	22:49
Rad 000	29.01	1:06:37	2:17	2	3:56	40	18:39	33.72	1:30:09	2:40	2	1:07	38	22:49
Lauf 2	4.00	20:19	5:04	1	-	29	5:47	37.72	1:50:28	2:55	1	-	36	28:17