



Carboo4u Duathlon
Bodenfelde / 10.05.2015

0000

Loße, Henning

000: 1:49:12

00: BierstadtRunner

00: 68

00: 37.72 km

00000/000: 33 (of 53)

Carboo4U Duathlon Challenge

00000/0: 33 (of 46)

000000: 1:22:11

0000:

00000: 10(of 12)

AK4 / TM 35

0000000: 1:22:11

0000

0000

000

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	22:30	4:47	10	5:13	31	5:13	4.70	22:30	4:47	10	5:13	31	5:13
Wechsel 1	0.01	2:12	220:00	12	1:14	44	1:21	4.71	24:42	5:14	12	6:27	34	6:27
Lauf 000	4.71	24:42	5:14	12	6:27	34	6:27	4.71	24:42	5:14	12	6:27	34	6:27
Rad netto	29.00	59:59	2:04	10	12:03	29	12:54	33.71	1:24:41	2:30	10	18:06	30	18:08
Wechsel 2	0.01	1:54	190:00	12	1:01	43	1:07	33.72	1:26:35	2:34	11	19:07	32	19:15
Rad 000	29.01	1:01:53	2:07	10	12:59	30	13:55	33.72	1:26:35	2:34	11	19:07	32	19:15
Lauf 2	4.00	22:37	5:39	11	7:54	39	8:05	37.72	1:49:12	2:53	10	27:01	33	27:01