



Carboo4u Duathlon
Bodenfelde / 10.05.2015

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Hildebrandt, Andre

000: 1:48:11

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00: 50

00: 37.72 km

Carboo4U Duathlon Challenge

00000/000: 32 (of 53)

00000/0: 32 (of 46)

000000: 1:22:11

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AK3 / TM 30

00000: 7(of 7)

0000000: 1:22:46

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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	23:07	4:55	6	5:05	33	5:50	4.70	23:07	4:55	6	5:05	33	5:50
Wechsel 1	0.01	1:18	130:00	4	0:26	17	0:27	4.71	24:25	5:11	6	5:31	32	6:10
Lauf 000	4.71	24:25	5:11	6	5:31	32	6:10	4.71	24:25	5:11	6	5:31	32	6:10
Rad netto	29.00	1:01:23	2:07	7	13:44	34	14:18	33.71	1:25:48	2:32	6	19:15	33	19:15
Wechsel 2	0.01	1:12	120:00	5	0:25	19	0:25	33.72	1:27:00	2:34	6	19:40	33	19:40
Rad 000	29.01	1:02:35	2:09	7	14:09	32	14:37	33.72	1:27:00	2:34	6	19:40	33	19:40
Lauf 2	4.00	21:11	5:17	7	5:45	33	6:39	37.72	1:48:11	2:52	7	25:25	32	26:00