



Carboo4u Duathlon
Bodenfelde / 10.05.2015

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Nolte, Lars

000: 2:03:23

00: HSG S/U/W

00: 11

00: 37.72 km

Carboo4U Duathlon Challenge

00000/000: 46 (of 53)

00000/0: 44 (of 46)

000000: 1:22:11

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SEN2 / TM 45

00000: 7(of 7)

0000000: 1:22:40

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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	26:28	5:37	6	9:02	43	9:11	4.70	26:28	5:37	6	9:02	43	9:11
Wechsel 1	0.01	1:31	151:39	5	0:30	32	0:40	4.71	27:59	5:56	6	9:32	43	9:44
Lauf 000	4.71	27:59	5:56	6	9:32	43	9:44	4.71	27:59	5:56	6	9:32	43	9:44
Rad netto	29.00	1:08:02	2:20	7	20:12	43	20:57	33.71	1:36:01	2:50	7	28:45	43	29:28
Wechsel 2	0.01	1:35	158:19	5	0:43	34	0:48	33.72	1:37:36	2:53	7	29:28	43	30:16
Rad 000	29.01	1:09:37	2:23	7	19:58	42	21:39	33.72	1:37:36	2:53	7	29:28	43	30:16
Lauf 2	4.00	25:47	6:26	7	11:15	44	11:15	37.72	2:03:23	3:16	7	40:43	44	41:12