



Carboo4u Duathlon
Bodenfelde / 10.05.2015

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Frauen 2, HSG

□□□: 2:02:35

□□: HSG S/U/W

□□: 23

□□: 37.72 km

Carboo4U Duathlon Challenge

□□□□□/□□□: 44 (of 53)

□□□□□/□: 2 (of 7)

□□□□□□: 1:55:12

□□□□:

Juniorinnen

□□□□□: 1(of 4)

□□□□□□□: 2:02:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Lauf 1	4.70	27:12	5:47	1	-	3	3:28	4.70	27:12	5:47	1	-	3	3:28
Wechsel 1	0.01	1:02	103:20	1	-	1	-	4.71	28:14	5:59	1	-	3	2:57
Lauf □□□	4.71	28:14	5:59	1	-	3	2:57	4.71	28:14	5:59	1	-	3	2:57
Rad netto	29.00	1:08:48	2:22	1	-	2	3:30	33.71	1:37:02	2:52	1	-	2	3:57
Wechsel 2	0.01	1:06	110:00	3	0:08	3	0:08	33.72	1:38:08	2:54	1	-	2	3:18
Rad □□□	29.01	1:09:54	2:24	1	-	2	2:51	33.72	1:38:08	2:54	1	-	2	3:18
Lauf 2	4.00	24:27	6:06	2	4:09	5	4:09	37.72	2:02:35	3:14	1	-	2	7:23