



Carboo4u Duathlon  
Bodenfelde / 10.05.2015

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Kemner, Andreas

□□□: 1:56:14

□□: 85

□□: 37.72 km

Carboo4U Duathlon Challenge

□□□□□/□□□: 41 (of 53)

□□□□□/□: 40 (of 46)

□□□□□□: 1:22:11

□□□□:

SEN4 / TM 55

□□□□□: 3(of 3)

□□□□□□□: 1:50:28

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| □□□       | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Lauf 1    | 4.70     | 23:23    | 4:58         | 2       | 1:20    | 35      | 6:06    | 4.70  | 23:23     | 4:58          | 2       | 1:20    | 35      | 6:06    |
| Wechsel 1 | 0.01     | 1:24     | 140:00       | 2       | 0:06    | 25      | 0:33    | 4.71  | 24:47     | 5:15          | 2       | 1:15    | 35      | 6:32    |
| Lauf □□□  | 4.71     | 24:47    | 5:15         | 2       | 1:15    | 35      | 6:32    | 4.71  | 24:47     | 5:15          | 2       | 1:15    | 35      | 6:32    |
| Rad netto | 29.00    | 1:08:06  | 2:20         | 3       | 6:42    | 44      | 21:01   | 33.71 | 1:32:53   | 2:45          | 3       | 5:08    | 42      | 26:20   |
| Wechsel 2 | 0.01     | 1:39     | 165:00       | 3       | 0:38    | 38      | 0:52    | 33.72 | 1:34:32   | 2:48          | 3       | 5:30    | 42      | 27:12   |
| Rad □□□   | 29.01    | 1:09:45  | 2:24         | 3       | 7:04    | 43      | 21:47   | 33.72 | 1:34:32   | 2:48          | 3       | 5:30    | 42      | 27:12   |
| Lauf 2    | 4.00     | 21:42    | 5:25         | 2       | 1:23    | 36      | 7:10    | 37.72 | 1:56:14   | 3:04          | 3       | 5:46    | 40      | 34:03   |