



Carboo4u Duathlon
Bodenfelde / 10.05.2015

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Frauen 1, HSG

□□□: 2:08:45

□□: HSG S/U/W

□□: 20

□□: 37.72 km

□□□□□/□□□: 50 (of 53)

Carboo4U Duathlon Challenge

□□□□□/□: 5 (of 7)

□□□□□□: 1:55:12

□□□□:

□□□□□: 2(of 4)

Juniorinnen

□□□□□□□: 2:02:35

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-----------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|-------|
| | km | □□ | min/km | - | - | □ | □ | 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 | 1:19:13 | 2:43 | 3 | 10:25 | 6 | 13:55 | 33.71 | 1:47:27 | 3:11 | 2 | 10:25 | 5 | 14:22 |
| Wechsel 2 | 0.01 | 1:00 | 100:00 | 2 | 0:02 | 2 | 0:02 | 33.72 | 1:48:27 | 3:12 | 2 | 10:19 | 5 | 13:37 |
| Rad □□□ | 29.01 | 1:20:13 | 2:45 | 3 | 10:19 | 6 | 13:10 | 33.72 | 1:48:27 | 3:12 | 2 | 10:19 | 5 | 13:37 |
| Lauf 2 | 4.00 | 20:18 | 5:04 | 1 | - | 1 | - | 37.72 | 2:08:45 | 3:24 | 2 | 6:10 | 5 | 13:33 |