



Carboo4u Duathlon  
Bodenfelde / 10.05.2015

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Hein, Tabea

□□□: 2:21:43

□□: HSG S/U/W

□□: 26

□□: 37.72 km

□□□□□/□□□: 52 (of 53)

Carboo4U Duathlon Challenge

□□□□□/□: 7 (of 7)

□□□□□□: 1:55:12

□□□□:

□□□□□: 4(of 4)

Juniorinnen

□□□□□□□: 2:02:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Lauf 1	4.70	29:54	6:21	3	2:42	6	6:10	4.70	29:54	6:21	3	2:42	6	6:10
Wechsel 1	0.01	1:27	145:00	4	0:25	4	0:25	4.71	31:21	6:39	3	3:07	6	6:04
Lauf □□□	4.71	31:21	6:39	3	3:07	6	6:04	4.71	31:21	6:39	3	3:07	6	6:04
Rad netto	29.00	1:20:44	2:47	4	11:56	7	15:26	33.71	1:52:05	3:19	4	15:03	7	19:00
Wechsel 2	0.01	1:12	120:00	4	0:14	4	0:14	33.72	1:53:17	3:21	4	15:09	7	18:27
Rad □□□	29.01	1:21:56	2:49	4	12:02	7	14:53	33.72	1:53:17	3:21	4	15:09	7	18:27
Lauf 2	4.00	28:26	7:06	3	8:08	6	8:08	37.72	2:21:43	3:45	4	19:08	7	26:31