



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Easy Riders

000: 1:39:17

00: -

00: 158

00: 34.85 km

00000/000: 2 (of 12)

Carboo4u Triathlon Firmen- und Staffeltriathlon 00000/000: 2 (of 12)

000000: 1:22:17

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00000: 2(of 12)

Staffel

0000000: 1:22:17

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.75	20:28	27:17	9	6:57	9	6:57	0.75	20:28	27:17	9	6:57	9	6:57
Wechsel S -> R	0.05	0:23	7:40	7	0:07	7	0:07	0.80	20:51	26:03	9	7:01	9	7:01
Schwimmen 000	0.80	20:51	26:03	9	7:01	9	7:01	0.80	20:51	26:03	9	7:01	9	7:01
Rad netto	29.00	58:10	2:00	2	8:30	2	8:30	29.80	1:19:01	2:39	3	15:31	3	15:31
Wechsel R -> L	0.05	0:27	9:00	5	0:07	5	0:07	29.85	1:19:28	2:39	3	15:36	3	15:36
Rad 000	29.05	58:37	2:01	2	8:35	2	8:35	29.85	1:19:28	2:39	3	15:36	3	15:36
Lauf	5.00	19:49	3:57	3	1:24	3	1:24	34.85	1:39:17	2:50	2	17:00	2	17:00