



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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' "Achtung Bulldozer"'

000: 1:50:26

00: Wasserfreunde Northeim

00: 154

00: 34.85 km

00000/000: 7 (of 12)

Carboo4u Triathlon Firmen- und Staffeltriathlon 00000/000: 7 (of 12)

000000: 1:22:17

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00000: 7(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	15:47	21:02	3	2:16	3	2:16	0.75	15:47	21:02	3	2:16	3	2:16
Wechsel S -> R	0.05	0:23	7:40	7	0:07	7	0:07	0.80	16:10	20:12	2	2:20	2	2:20
Schwimmen 000	0.80	16:10	20:12	2	2:20	2	2:20	0.80	16:10	20:12	2	2:20	2	2:20
Rad netto	29.00	1:08:17	2:21	8	18:37	8	18:37	29.80	1:24:27	2:50	6	20:57	6	20:57
Wechsel R -> L	0.05	0:24	8:00	3	0:04	3	0:04	29.85	1:24:51	2:50	6	20:59	6	20:59
Rad 000	29.05	1:08:41	2:21	8	18:39	8	18:39	29.85	1:24:51	2:50	6	20:59	6	20:59
Lauf	5.00	25:35	5:06	7	7:10	7	7:10	34.85	1:50:26	3:10	7	28:09	7	28:09