



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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## Barbecue Triathleten

□□□: 1:46:02

□□: Barbecue Triathleten

□□: 151

□□: 34.85 km

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Carboo4u Triathlon Firmen- und Staffeltriathlon □□□□□/□□□: 5 (of 12)

□□□□□□: 1:22:17

□□□□:

□□□□□: 5(of 12)

Staffel

□□□□□□□: 1:22:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.75	23:07	30:49	11	9:36	11	9:36	0.75	23:07	30:49	11	9:36	11	9:36
Wechsel S -> R	0.05	0:19	6:19	2	0:03	2	0:03	0.80	23:26	29:17	11	9:36	11	9:36
Schwimmen □□□	0.80	23:26	29:17	11	9:36	11	9:36	0.80	23:26	29:17	11	9:36	11	9:36
Rad netto	29.00	1:03:23	2:11	5	13:43	5	13:43	29.80	1:26:49	2:54	9	23:19	9	23:19
Wechsel R -> L	0.05	0:20	6:39	1	-	1	-	29.85	1:27:09	2:55	9	23:17	9	23:17
Rad □□□	29.05	1:03:43	2:11	5	13:41	5	13:41	29.85	1:27:09	2:55	9	23:17	9	23:17
Lauf	5.00	18:53	3:46	2	0:28	2	0:28	34.85	1:46:02	3:02	5	23:45	5	23:45