



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Magiva

000: 1:53:32

00: SC-Bodenfelde

00: 155

00: 34.85 km

00000/000: 8 (of 12)

Carboo4u Triathlon Firmen- und Staffeltriathlon 00000/000: 8 (of 12)

000000: 1:22:17

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00000: 8(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	15:46	21:01	2	2:15	2	2:15	0.75	15:46	21:01	2	2:15	2	2:15
Wechsel S -> R	0.05	0:29	9:39	12	0:13	12	0:13	0.80	16:15	20:18	3	2:25	3	2:25
Schwimmen 000	0.80	16:15	20:18	3	2:25	3	2:25	0.80	16:15	20:18	3	2:25	3	2:25
Rad netto	29.00	1:08:56	2:22	9	19:16	9	19:16	29.80	1:25:11	2:51	7	21:41	7	21:41
Wechsel R -> L	0.05	0:42	13:59	11	0:22	11	0:22	29.85	1:25:53	2:52	7	22:01	7	22:01
Rad 000	29.05	1:09:38	2:23	9	19:36	9	19:36	29.85	1:25:53	2:52	7	22:01	7	22:01
Lauf	5.00	27:39	5:31	10	9:14	10	9:14	34.85	1:53:32	3:15	8	31:15	8	31:15