



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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## Die Dreisten Drei

□□□: 1:56:01

□□: JSG Heiligenberg

□□: 162

□□: 34.85 km

□□□□□/□□□: 10 (of 12)

Carboo4u Triathlon Firmen- und Staffeltriathlon □□□□□/□□□: 10 (of 12)

□□□□□□: 1:22:17

□□□□:

□□□□□: 10(of 12)

Staffel

□□□□□□□: 1:22:17

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.75     | 22:17    | 29:42        | 10      | 8:46    | 10        | 8:46      | 0.75  | 22:17   | 29:42 | 10      | 8:46    | 10        | 8:46      |
| Wechsel S -> R | 0.05     | 0:25     | 8:20         | 10      | 0:09    | 10        | 0:09      | 0.80  | 22:42   | 28:22 | 10      | 8:52    | 10        | 8:52      |
| Schwimmen □□□  | 0.80     | 22:42    | 28:22        | 10      | 8:52    | 10        | 8:52      | 0.80  | 22:42   | 28:22 | 10      | 8:52    | 10        | 8:52      |
| Rad netto      | 29.00    | 1:07:00  | 2:18         | 7       | 17:20   | 7         | 17:20     | 29.80 | 1:29:42 | 3:00  | 10      | 26:12   | 10        | 26:12     |
| Wechsel R -> L | 0.05     | 0:47     | 15:39        | 12      | 0:27    | 12        | 0:27      | 29.85 | 1:30:29 | 3:01  | 10      | 26:37   | 10        | 26:37     |
| Rad □□□        | 29.05    | 1:07:47  | 2:19         | 7       | 17:45   | 7         | 17:45     | 29.85 | 1:30:29 | 3:01  | 10      | 26:37   | 10        | 26:37     |
| Lauf           | 5.00     | 25:32    | 5:06         | 6       | 7:07    | 6         | 7:07      | 34.85 | 1:56:01 | 3:19  | 10      | 33:44   | 10        | 33:44     |