



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

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□□□□□: 10(of 12)

Staffel

□□□□□□□: 1:22:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
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