



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Janele, Alexander

□□□: 1:30:48

□□: 1. Tri Club Paderborn

□□: 17

□□: 34.85 km

□□□□□/□□□: 16 (of 64)

Carboo4u Triathlon Challenge

□□□□□/□: 15 (of 55)

□□□□□□: 1:19:40

□□□□:

□□□□□: 3(of 7)

AK3 männlich (30-34 Jahre)

□□□□□□□: 1:19:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	14:37	19:29	4	2:25	25	4:36	0.75	14:37	19:29	8	2:25	56	4:36
Wechsel S -> R	0.05	1:03	21:00	2	0:12	6	0:12	0.80	15:40	19:34	8	2:37	56	4:22
Schwimmen □□□	0.80	15:40	19:34	8	2:37	56	4:22	0.80	15:40	19:34	8	2:37	56	4:22
Rad netto	29.00	54:25	1:52	6	7:20	26	7:44	29.80	1:10:05	2:21	8	9:57	56	10:17
Wechsel R -> L	0.05	0:37	12:20	2	0:04	4	0:04	29.85	1:10:42	2:22	8	10:01	22	10:09
Rad □□□	29.05	55:02	1:53	6	7:24	25	7:46	29.85	1:10:42	2:22	8	10:01	22	10:09
Lauf	5.00	20:06	4:01	2	1:06	9	3:48	34.85	1:30:48	2:36	3	11:07	15	11:08