



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Bovenkerk, Simon

□□□: 1:31:54

□□: Hamminkelner SV

□□: 13

□□: 34.85 km

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Carboo4u Triathlon Challenge

□□□□□/□: 19 (of 55)

□□□□□□: 1:19:40

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□□□□□: 1(of 2)

AK1 männlich (20-24 Jahre)

□□□□□□□: 1:31:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	15:40	20:53	1	-	33	5:39	0.75	15:40	20:53	1	-	56	5:39
Wechsel S -> R	0.05	1:28	29:19	1	-	17	0:37	0.80	17:08	21:24	1	-	56	5:50
Schwimmen □□□	0.80	17:08	21:24	1	-	56	5:50	0.80	17:08	21:24	1	-	56	5:50
Rad netto	29.00	52:54	1:49	1	-	22	6:13	29.80	1:10:02	2:21	1	-	56	10:14
Wechsel R -> L	0.05	0:43	14:19	1	-	13	0:10	29.85	1:10:45	2:22	1	-	56	10:12
Rad □□□	29.05	53:37	1:50	1	-	21	6:21	29.85	1:10:45	2:22	1	-	56	10:12
Lauf	5.00	21:09	4:13	1	-	12	4:51	34.85	1:31:54	2:38	1	-	19	12:14