



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Würschmidt, Tobias

000: 1:32:54

00: FSV Asbach

00: 0

00: 34.85 km

Carboo4u Triathlon Challenge

00000/000: 22 (of 64)

00000/0: 21 (of 55)

000000: 1:19:40

0000:

AK3 männlich (30-34 Jahre)

00000: 4(of 7)

0000000: 1:19:41

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.75	14:32	19:22	3	2:20	23	4:31	0.75	14:32	19:22	8	2:20	56	4:31
Wechsel S -> R	0.05	2:10	43:19	5	1:19	36	1:19	0.80	16:42	20:52	8	3:39	56	5:24
Schwimmen 000	0.80	16:42	20:52	8	3:39	56	5:24	0.80	16:42	20:52	8	3:39	56	5:24
Rad netto	29.00	52:21	1:48	3	5:16	17	5:40	29.80	1:09:03	2:19	4	8:55	18	9:15
Wechsel R -> L	0.05	0:57	18:59	5	0:24	27	0:24	29.85	1:10:00	2:20	8	9:19	56	9:27
Rad 000	29.05	53:18	1:50	3	5:40	18	6:02	29.85	1:10:00	2:20	8	9:19	56	9:27
Lauf	5.00	22:54	4:34	5	3:54	22	6:36	34.85	1:32:54	2:39	4	13:13	21	13:14