



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Müller, Jennifer

□□□: 1:39:40

□□: Hardtseemafia München

□□: 16

□□: 34.85 km

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Carboo4u Triathlon Challenge

□□□□□/□: 3 (of 9)

□□□□□□: 1:30:44

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□□□□□: 1(of 1)

AK2 weiblich (25-29 Jahre)

□□□□□□□: 1:39:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	14:34	19:25	1	-	3	0:05	0.75	14:34	19:25	1	-	10	0:05	
Wechsel S -> R	0.05	1:30	30:00	1	-	4	0:39	0.80	16:04	20:04	1	-	10	0:41	
Schwimmen □□□	0.80	16:04	20:04	1	-	10	0:41	0.80	16:04	20:04	1	-	10	0:41	
Rad netto	29.00	1:01:18	2:06	1	-	5	8:42	29.80	1:17:22	2:35	1	-	10	9:23	
Wechsel R -> L	0.05	0:52	17:19	1	-	3	0:15	29.85	1:18:14	2:37	1	-	10	9:38	
Rad □□□	29.05	1:02:10	2:08	1	-	5	8:57	29.85	1:18:14	2:37	1	-	10	9:38	
Lauf	5.00	21:26	4:17	1	-	1	-	34.85	1:39:40	2:51	1	-	3	8:56	