



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Carboo4U

Cramer, Pia

Time: 2:13:56

Club: RFV Beckum

Age: 0

Distance: 34.85 km

Rank/Total: 1 (of 1)

Carboo4u Triathlon Jugend

Rank/Group: 1 (of 1)

Rank/Event: 2:13:56

Gender:

Rank/Group: 1(of 1)

weibliche Jugend A (16+17 Jahre)

Rank/Event: 2:13:56

Summary

Details

Rank

Activity	km	Time	min/km	-	-	Rank	Rank	Activity	km	Time	min/km	-	-	Rank	Rank
Schwimmen nett	0.75	46:52	62:29	1	-	1	-	Schwimmen nett	0.75	46:52	62:29	1	-	1	-
Wechsel S -> R	0.05	1:00	20:00	1	-	1	-	Wechsel S -> R	0.80	47:52	59:49	1	-	1	-
Schwimmen Brutto	0.80	47:52	59:49	1	-	1	-	Schwimmen Brutto	0.80	47:52	59:49	1	-	1	-
Rad netto	29.00	55:55	1:55	1	-	1	-	Rad netto	29.80	1:43:47	3:28	1	-	1	-
Wechsel R -> L	0.05	0:49	16:19	1	-	1	-	Wechsel R -> L	29.85	1:44:36	3:30	1	-	1	-
Rad Brutto	29.05	56:44	1:57	1	-	1	-	Rad Brutto	29.85	1:44:36	3:30	1	-	1	-
Lauf	5.00	29:20	5:51	1	-	1	-	Lauf	34.85	2:13:56	3:50	1	-	1	-