



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Polten, Andreas

000: 1:51:55

00: SV Hoeckelheim

00: 0

00: 34.85 km

00000/000: 59 (of 64)

Carboo4u Triathlon Challenge

00000/0: 51 (of 55)

000000: 1:19:40

0000:

00000: 6(of 6)

Senioren 3 (50-54 Jahre)

0000000: 1:27:09

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.75	19:02	25:22	6	8:03	51	9:01	0.75	19:02	25:22	7	8:03	56	9:01
Wechsel S -> R	0.05	2:45	55:00	5	1:22	44	1:54	0.80	21:47	27:13	7	9:25	56	10:29
Schwimmen 000	0.80	21:47	27:13	7	9:25	56	10:29	0.80	21:47	27:13	7	9:25	56	10:29
Rad netto	29.00	1:03:12	2:10	6	13:27	51	16:31	29.80	1:24:59	2:51	7	22:52	56	25:11
Wechsel R -> L	0.05	1:07	22:19	4	0:20	40	0:34	29.85	1:26:06	2:53	7	23:12	56	25:33
Rad 000	29.05	1:04:19	2:12	6	13:47	52	17:03	29.85	1:26:06	2:53	7	23:12	56	25:33
Lauf	5.00	25:49	5:09	5	2:39	42	9:31	34.85	1:51:55	3:12	6	24:46	51	32:15