



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Sieberhagen, Ingo

000: 1:50:32

00: SV Adler Weidenhausen

00: 0

Enduro U13

00000/000: 54 (of 64)

00000/0: 49 (of 55)

000000: 1:19:40

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00000: 5(of 6)

Senioren 1 (40-44 Jahre)

0000000: 1:22:57

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	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	19:57	26:35	6	8:11	54	9:56	0.75	19:57	26:35	7	8:11	56	9:56
Wechsel S -> R	0.05	2:30	50:00	5	1:30	43	1:39	0.80	22:27	28:03	7	9:25	56	11:09
Schwimmen 000	0.80	22:27	28:03	7	9:25	56	11:09	0.80	22:27	28:03	7	9:25	56	11:09
Rad netto	29.00	59:40	2:03	5	12:06	41	12:59	29.80	1:22:07	2:45	7	19:45	56	22:19
Wechsel R -> L	0.05	1:03	21:00	4	0:22	36	0:30	29.85	1:23:10	2:47	7	20:07	56	22:37
Rad 000	29.05	1:00:43	2:05	5	12:16	39	13:27	29.85	1:23:10	2:47	7	20:07	56	22:37
Lauf	5.00	27:22	5:28	6	8:15	49	11:04	-	1:50:32	-	5	27:35	49	30:52