



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Renn, Markus

□□□: 1:45:50

□□: RSC Göttingen

□□: 4

□□: 34.85 km

□□□□□/□□□: 45 (of 64)

Carboo4u Triathlon Challenge

□□□□□/□: 40 (of 55)

□□□□□□: 1:19:40

□□□□:

□□□□□: 13(of 18)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:21:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	17:15	23:00	15	7:14	44	7:14	0.75	17:15	23:00	19	7:14	56	7:14
Wechsel S -> R	0.05	1:41	33:39	7	0:43	24	0:50	0.80	18:56	23:39	19	7:38	56	7:38
Schwimmen □□□	0.80	18:56	23:39	19	7:38	56	7:38	0.80	18:56	23:39	19	7:38	56	7:38
Rad netto	29.00	59:39	2:03	12	10:35	40	12:58	29.80	1:18:35	2:38	19	18:09	56	18:47
Wechsel R -> L	0.05	1:05	21:39	12	0:23	38	0:32	29.85	1:19:40	2:40	19	18:20	56	19:07
Rad □□□	29.05	1:00:44	2:05	11	10:42	40	13:28	29.85	1:19:40	2:40	19	18:20	56	19:07
Lauf	5.00	26:10	5:14	15	6:14	43	9:52	34.85	1:45:50	3:02	13	24:34	40	26:10