



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

0000

Lenk, Marcus

000: 1:19:40

00: Team Lenk Bau

00: 0

00: 34.85 km

00000/000: 1 (of 64)

Carboo4u Triathlon Challenge

00000/0: 1 (of 55)

000000: 1:19:40

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00000: 1(of 12)

AK4 männlich (35-39 Jahre)

0000000: 1:19:40

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| 000 | 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 | 12:00 | 16:00 | 2 | 0:12 | 5 | 1:59 | 0.75 | 12:00 | 16:00 | 2 | 0:12 | 5 | 1:59 |
| Wechsel S -> R | 0.05 | 1:17 | 25:40 | 4 | 0:17 | 11 | 0:26 | 0.80 | 13:17 | 16:36 | 2 | 0:18 | 6 | 1:59 |
| Schwimmen 000 | 0.80 | 13:17 | 16:36 | 2 | 0:18 | 6 | 1:59 | 0.80 | 13:17 | 16:36 | 2 | 0:18 | 6 | 1:59 |
| Rad netto | 29.00 | 46:41 | 1:36 | 1 | - | 1 | - | 29.80 | 59:58 | 2:00 | 2 | 0:10 | 2 | 0:10 |
| Wechsel R -> L | 0.05 | 0:35 | 11:39 | 2 | 0:02 | 3 | 0:02 | 29.85 | 1:00:33 | 2:01 | 1 | - | 1 | - |
| Rad 000 | 29.05 | 47:16 | 1:37 | 1 | - | 1 | - | 29.85 | 1:00:33 | 2:01 | 1 | - | 1 | - |
| Lauf | 5.00 | 19:07 | 3:49 | 3 | 2:49 | 4 | 2:49 | 34.85 | 1:19:40 | 2:17 | 1 | - | 1 | - |