



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Hofmann, Dirk

000: 1:30:19

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Enduro U13

00000/000: 12 (of 64)

00000/0: 12 (of 55)

000000: 1:19:40

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00000: 2(of 7)

AK3 männlich (30-34 Jahre)

0000000: 1:19:41

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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	12:30	16:40	2	0:18	10	2:29	0.75	12:30	16:40	2	0:18	10	2:29
Wechsel S -> R	0.05	2:24	47:59	6	1:33	42	1:33	0.80	14:54	18:37	2	1:51	12	3:36
Schwimmen 000	0.80	14:54	18:37	2	1:51	12	3:36	0.80	14:54	18:37	2	1:51	12	3:36
Rad netto	29.00	53:27	1:50	5	6:22	23	6:46	29.80	1:08:21	2:17	2	8:13	17	8:33
Wechsel R -> L	0.05	0:38	12:39	3	0:05	6	0:05	29.85	1:08:59	2:18	2	8:18	17	8:26
Rad 000	29.05	54:05	1:51	5	6:27	23	6:49	29.85	1:08:59	2:18	2	8:18	17	8:26
Lauf	5.00	21:20	4:15	3	2:20	14	5:02	-	1:30:19	-	2	10:38	12	10:39