



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Meise, Matthias

□□□: 1:29:31

□□: Jedes Training zählt

□□: 0

□□: 34.85 km

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Carboo4u Triathlon Challenge

□□□□□/□: 11 (of 55)

□□□□□□: 1:19:40

□□□□:

□□□□□: 3(of 18)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:21:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	13:40	18:13	4	3:39	15	3:39	0.75	13:40	18:13	4	3:39	15	3:39
Wechsel S -> R	0.05	2:08	42:39	10	1:10	35	1:17	0.80	15:48	19:45	5	4:30	20	4:30
Schwimmen □□□	0.80	15:48	19:45	5	4:30	20	4:30	0.80	15:48	19:45	5	4:30	20	4:30
Rad netto	29.00	51:45	1:47	5	2:41	16	5:04	29.80	1:07:33	2:16	4	7:07	14	7:45
Wechsel R -> L	0.05	1:08	22:39	15	0:26	42	0:35	29.85	1:08:41	2:18	4	7:21	13	8:08
Rad □□□	29.05	52:53	1:49	5	2:51	16	5:37	29.85	1:08:41	2:18	4	7:21	13	8:08
Lauf	5.00	20:50	4:09	2	0:54	10	4:32	34.85	1:29:31	2:34	3	8:15	11	9:51