



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Reiner, Thomas

□□□: 1:30:31

□□: TWG Triathlon

□□: 0

□□: 34.85 km

Carboo4u Triathlon Challenge

□□□□□/□□□: 13 (of 64)

□□□□□/□: 13 (of 55)

□□□□□□: 1:19:40

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 4(of 18)

□□□□□□□: 1:21:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	14:12	18:56	6	4:11	22	4:11	0.75	14:12	18:56	6	4:11	22	4:11	
Wechsel S -> R	0.05	2:11	43:39	11	1:13	37	1:20	0.80	16:23	20:28	6	5:05	23	5:05	
Schwimmen □□□	0.80	16:23	20:28	6	5:05	23	5:05	0.80	16:23	20:28	6	5:05	23	5:05	
Rad netto	29.00	51:33	1:46	4	2:29	15	4:52	29.80	1:07:56	2:16	6	7:30	16	8:08	
Wechsel R -> L	0.05	0:56	18:39	7	0:14	25	0:23	29.85	1:08:52	2:18	6	7:32	16	8:19	
Rad □□□	29.05	52:29	1:48	4	2:27	14	5:13	29.85	1:08:52	2:18	6	7:32	16	8:19	
Lauf	5.00	21:39	4:19	5	1:43	15	5:21	34.85	1:30:31	2:35	4	9:15	13	10:51	