



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

0000

Konkart, Sven

000: 1:23:47

00: Team Blade Runner Hannover

00: 0

00: 34.85 km

00000/000: 8 (of 64)

Carboo4u Triathlon Challenge

00000/0: 8 (of 55)

000000: 1:19:40

0000:

00000: 4(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	13:15	17:40	3	1:27	13	3:14	0.75	13:15	17:40	3	1:27	13	3:14
Wechsel S -> R	0.05	1:00	20:00	1	-	3	0:09	0.80	14:15	17:48	3	1:16	11	2:57
Schwimmen 000	0.80	14:15	17:48	3	1:16	11	2:57	0.80	14:15	17:48	3	1:16	11	2:57
Rad netto	29.00	49:39	1:42	3	2:58	9	2:58	29.80	1:03:54	2:08	3	4:06	9	4:06
Wechsel R -> L	0.05	0:33	11:00	1	-	1	-	29.85	1:04:27	2:09	3	3:54	9	3:54
Rad 000	29.05	50:12	1:43	3	2:56	8	2:56	29.85	1:04:27	2:09	3	3:54	9	3:54
Lauf	5.00	19:20	3:51	4	3:02	6	3:02	34.85	1:23:47	2:24	4	4:07	8	4:07