



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Roppel, Mariya

000: 1:51:53

00: Jedes Training zählt

00: 0

00: 34.85 km

Carboo4u Triathlon Challenge

00000/000: 58 (of 64)

00000/0: 8 (of 9)

000000: 1:30:44

0000:

AK3 weiblich (30-34 Jahre)

00000: 2(of 2)

0000000: 1:30:44

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.75	17:35	23:26	2	3:03	7	3:06	0.75	17:35	23:26	3	3:03	10	3:06
Wechsel S -> R	0.05	1:30	30:00	2	0:39	4	0:39	0.80	19:05	23:51	3	3:42	10	3:42
Schwimmen 000	0.80	19:05	23:51	3	3:42	10	3:42	0.80	19:05	23:51	3	3:42	10	3:42
Rad netto	29.00	1:06:13	2:16	2	13:37	8	13:37	29.80	1:25:18	2:51	3	17:19	10	17:19
Wechsel R -> L	0.05	1:02	20:40	2	0:25	6	0:25	29.85	1:26:20	2:53	3	17:44	10	17:44
Rad 000	29.05	1:07:15	2:18	2	14:02	8	14:02	29.85	1:26:20	2:53	3	17:44	10	17:44
Lauf	5.00	25:33	5:06	2	3:25	7	4:07	34.85	1:51:53	3:12	2	21:09	8	21:09