



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Oberbeck, Otto

000: 1:53:10

00: TSV Neuhof

00: 32

00: 34.85 km

00000/000: 61 (of 64)

Carboo4u Triathlon Challenge

00000/0: 53 (of 55)

000000: 1:19:40

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00000: 1(of 1)

Senioren 4 (55-59 Jahre)

0000000: 1:53:10

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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	18:51	25:08	1	-	50	8:50	0.75	18:51	25:08	1	-	56	8:50
Wechsel S -> R	0.05	8:20	166:39	1	-	55	7:29	0.80	27:11	33:58	1	-	56	15:53
Schwimmen 000	0.80	27:11	33:58	1	-	56	15:53	0.80	27:11	33:58	1	-	56	15:53
Rad netto	29.00	1:03:41	2:11	1	-	53	17:00	29.80	1:30:52	3:02	1	-	56	31:04
Wechsel R -> L	0.05	0:37	12:20	1	-	4	0:04	29.85	1:31:29	3:03	1	-	5	30:56
Rad 000	29.05	1:04:18	2:12	1	-	51	17:02	29.85	1:31:29	3:03	1	-	5	30:56
Lauf	5.00	21:41	4:20	1	-	16	5:23	34.85	1:53:10	3:14	1	-	53	33:30