



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Reinefeld, Swantje

□□□: 1:30:44

□□: Triathlon Team Braunschweig

□□: 0

□□: 34.85 km

□□□□□/□□□: 15 (of 64)

Carboo4u Triathlon Challenge

□□□□□/□: 1 (of 9)

□□□□□□: 1:30:44

□□□□:

□□□□□: 1(of 2)

AK3 weiblich (30-34 Jahre)

□□□□□□□: 1:30:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	14:32	19:22	1	-	2	0:03	0.75	14:32	19:22	1	-	2	0:03	
Wechsel S -> R	0.05	0:51	17:00	1	-	1	-	0.80	15:23	19:13	1	-	1	-	
Schwimmen □□□	0.80	15:23	19:13	1	-	1	-	0.80	15:23	19:13	1	-	1	-	
Rad netto	29.00	52:36	1:48	1	-	1	-	29.80	1:07:59	2:16	1	-	1	-	
Wechsel R -> L	0.05	0:37	12:20	1	-	1	-	29.85	1:08:36	2:17	1	-	1	-	
Rad □□□	29.05	53:13	1:49	1	-	1	-	29.85	1:08:36	2:17	1	-	1	-	
Lauf	5.00	22:08	4:25	1	-	3	0:42	34.85	1:30:44	2:36	1	-	1	-	