



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Schulz, Maren

000: 1:37:47

00: Jedes Training zählt

00: 0

00: 34.85 km

00000/000: 30 (of 64)

Carboo4u Triathlon Challenge

00000/0: 2 (of 9)

000000: 1:30:44

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00000: 1(of 2)

Seniorinnen 2 (45-49 Jahre)

0000000: 1:37:47

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.75	14:29	19:18	1	-	1	-	0.75	14:29	19:18	1	-	1	-
Wechsel S -> R	0.05	2:25	48:19	2	0:46	8	1:34	0.80	16:54	21:07	1	-	3	1:31
Schwimmen 000	0.80	16:54	21:07	1	-	3	1:31	0.80	16:54	21:07	1	-	3	1:31
Rad netto	29.00	56:08	1:56	1	-	2	3:32	29.80	1:13:02	2:27	1	-	2	5:03
Wechsel R -> L	0.05	1:07	22:19	1	-	8	0:30	29.85	1:14:09	2:29	1	-	2	5:33
Rad 000	29.05	57:15	1:58	1	-	2	4:02	29.85	1:14:09	2:29	1	-	2	5:33
Lauf	5.00	23:38	4:43	2	2:00	4	2:12	34.85	1:37:47	2:48	1	-	2	7:03