



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Müller, Christian

000: 1:31:54

00: Jedes Training zählt

00: 0

00: 34.85 km

Carboo4u Triathlon Challenge

00000/000: 21 (of 64)

00000/0: 19 (of 55)

000000: 1:19:40

0000:

Senioren 1 (40-44 Jahre)

00000: 3(of 6)

0000000: 1:22:57

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.75	13:54	18:32	4	2:08	19	3:53	0.75	13:54	18:32	7	2:08	19	3:53
Wechsel S -> R	0.05	2:07	42:19	4	1:07	34	1:16	0.80	16:01	20:01	4	2:59	22	4:43
Schwimmen 000	0.80	16:01	20:01	4	2:59	22	4:43	0.80	16:01	20:01	4	2:59	22	4:43
Rad netto	29.00	51:30	1:46	3	3:56	14	4:49	29.80	1:07:31	2:15	7	5:09	13	7:43
Wechsel R -> L	0.05	1:13	24:19	6	0:32	46	0:40	29.85	1:08:44	2:18	7	5:41	14	8:11
Rad 000	29.05	52:43	1:48	3	4:16	15	5:27	29.85	1:08:44	2:18	7	5:41	14	8:11
Lauf	5.00	23:10	4:38	3	4:03	24	6:52	34.85	1:31:54	2:38	3	8:57	19	12:14