



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Goebel, Mark

000: 1:37:40

00: Tri Team Fuldata1

00: 0

00: 34.85 km

00000/000: 29 (of 64)

Carboo4u Triathlon Challenge

00000/0: 28 (of 55)

000000: 1:19:40

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00000: 4(of 6)

Senioren 1 (40-44 Jahre)

0000000: 1:22:57

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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	12:02	16:02	2	0:16	6	2:01	0.75	12:02	16:02	7	0:16	6	2:01
Wechsel S -> R	0.05	1:00	20:00	1	-	3	0:09	0.80	13:02	16:17	1	-	4	1:44
Schwimmen 000	0.80	13:02	16:17	1	-	4	1:44	0.80	13:02	16:17	1	-	4	1:44
Rad netto	29.00	58:23	2:00	4	10:49	35	11:42	29.80	1:11:25	2:23	7	9:03	27	11:37
Wechsel R -> L	0.05	0:47	15:39	2	0:06	18	0:14	29.85	1:12:12	2:25	7	9:09	27	11:39
Rad 000	29.05	59:10	2:02	4	10:43	34	11:54	29.85	1:12:12	2:25	7	9:09	27	11:39
Lauf	5.00	25:28	5:05	4	6:21	40	9:10	34.85	1:37:40	2:48	4	14:43	28	18:00