



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Weber, Jürgen

□□□: 1:31:15

□□: Steuerbüro Weber

□□: 0

□□: 34.85 km

□□□□□/□□□: 17 (of 64)

Carboo4u Triathlon Challenge

□□□□□/□: 16 (of 55)

□□□□□□: 1:19:40

□□□□:

□□□□□: 6(of 18)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:21:16

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.75 | 15:05 | 20:06 | 8 | 5:04 | 29 | 5:04 | 0.75 | 15:05 | 20:06 | 8 | 5:04 | 29 | 5:04 |
| Wechsel S -> R | 0.05 | 1:33 | 31:00 | 4 | 0:35 | 18 | 0:42 | 0.80 | 16:38 | 20:47 | 7 | 5:20 | 25 | 5:20 |
| Schwimmen □□□ | 0.80 | 16:38 | 20:47 | 7 | 5:20 | 25 | 5:20 | 0.80 | 16:38 | 20:47 | 7 | 5:20 | 25 | 5:20 |
| Rad netto | 29.00 | 52:47 | 1:49 | 6 | 3:43 | 19 | 6:06 | 29.80 | 1:09:25 | 2:19 | 7 | 8:59 | 20 | 9:37 |
| Wechsel R -> L | 0.05 | 0:44 | 14:39 | 4 | 0:02 | 17 | 0:11 | 29.85 | 1:10:09 | 2:21 | 7 | 8:49 | 20 | 9:36 |
| Rad □□□ | 29.05 | 53:31 | 1:50 | 6 | 3:29 | 20 | 6:15 | 29.85 | 1:10:09 | 2:21 | 7 | 8:49 | 20 | 9:36 |
| Lauf | 5.00 | 21:06 | 4:13 | 3 | 1:10 | 11 | 4:48 | 34.85 | 1:31:15 | 2:37 | 6 | 9:59 | 16 | 11:35 |