



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Jonscher, Guido

□□□: 1:33:07

□□: ASV Velo-Venezia Dransfeld e.V.

□□: 0

□□: 34.85 km

□□□□□/□□□: 23 (of 64)

Carboo4u Triathlon Challenge

□□□□□/□: 22 (of 55)

□□□□□□: 1:19:40

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□□□□□: 5(of 12)

AK4 männlich (35-39 Jahre)

□□□□□□□: 1:19:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	17:06	22:48	10	5:18	42	7:05	0.75	17:06	22:48	10	5:18	42	7:05
Wechsel S -> R	0.05	1:21	27:00	5	0:21	13	0:30	0.80	18:27	23:03	8	5:28	34	7:09
Schwimmen □□□	0.80	18:27	23:03	8	5:28	34	7:09	0.80	18:27	23:03	8	5:28	34	7:09
Rad netto	29.00	50:58	1:45	5	4:17	13	4:17	29.80	1:09:25	2:19	5	9:37	20	9:37
Wechsel R -> L	0.05	0:49	16:19	5	0:16	20	0:16	29.85	1:10:14	2:21	5	9:41	21	9:41
Rad □□□	29.05	51:47	1:46	5	4:31	13	4:31	29.85	1:10:14	2:21	5	9:41	21	9:41
Lauf	5.00	22:53	4:34	6	6:35	21	6:35	34.85	1:33:07	2:40	5	13:27	22	13:27