



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Messerschmidt, Thorsten

□□□: 1:34:43

□□: Rosdorf

□□: 0

□□: 34.85 km

□□□□□/□□□: 26 (of 64)

Carboo4u Triathlon Challenge

□□□□□/□: 25 (of 55)

□□□□□□: 1:19:40

□□□□:

□□□□□: 8(of 18)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:21:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	15:17	20:22	9	5:16	30	5:16	0.75	15:17	20:22	9	5:16	30	5:16
Wechsel S -> R	0.05	1:40	33:20	6	0:42	23	0:49	0.80	16:57	21:11	9	5:39	30	5:39
Schwimmen □□□	0.80	16:57	21:11	9	5:39	30	5:39	0.80	16:57	21:11	9	5:39	30	5:39
Rad netto	29.00	52:53	1:49	7	3:49	21	6:12	29.80	1:09:50	2:20	8	9:24	22	10:02
Wechsel R -> L	0.05	0:52	17:19	5	0:10	21	0:19	29.85	1:10:42	2:22	8	9:22	22	10:09
Rad □□□	29.05	53:45	1:51	7	3:43	22	6:29	29.85	1:10:42	2:22	8	9:22	22	10:09
Lauf	5.00	24:01	4:48	13	4:05	31	7:43	34.85	1:34:43	2:43	8	13:27	25	15:03