



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Winkelbach, Marcel

□□□: 1:33:27

□□: TuS Schededörfer 04

□□: 0

□□: 34.85 km

□□□□□/□□□: 24 (of 64)

Carboo4u Triathlon Challenge

□□□□□/□: 23 (of 55)

□□□□□□: 1:19:40

□□□□:

□□□□□: 5(of 7)

AK3 männlich (30-34 Jahre)

□□□□□□□: 1:19:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	17:05	22:46	5	4:53	41	7:04	0.75	17:05	22:46	5	4:53	41	7:04
Wechsel S -> R	0.05	1:25	28:19	4	0:34	15	0:34	0.80	18:30	23:07	5	5:27	35	7:12
Schwimmen □□□	0.80	18:30	23:07	5	5:27	35	7:12	0.80	18:30	23:07	5	5:27	35	7:12
Rad netto	29.00	50:33	1:44	2	3:28	12	3:52	29.80	1:09:03	2:19	4	8:55	18	9:15
Wechsel R -> L	0.05	1:01	20:19	6	0:28	31	0:28	29.85	1:10:04	2:20	4	9:23	19	9:31
Rad □□□	29.05	51:34	1:46	2	3:56	12	4:18	29.85	1:10:04	2:20	4	9:23	19	9:31
Lauf	5.00	23:23	4:40	6	4:23	27	7:05	34.85	1:33:27	2:40	5	13:46	23	13:47