



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Zimmermann, Frank

000: 1:41:14

00: TV Lemgo

00: 0

00: 34.85 km

Carboo4u Triathlon Challenge

00000/000: 38 (of 64)

00000/0: 35 (of 55)

000000: 1:19:40

0000:

Senioren 2 (45-49 Jahre)

00000: 10(of 18)

0000000: 1:21:16

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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	13:56	18:34	5	3:55	20	3:55	0.75	13:56	18:34	5	3:55	20	3:55
Wechsel S -> R	0.05	1:33	31:00	4	0:35	18	0:42	0.80	15:29	19:21	4	4:11	17	4:11
Schwimmen 000	0.80	15:29	19:21	4	4:11	17	4:11	0.80	15:29	19:21	4	4:11	17	4:11
Rad netto	29.00	1:01:02	2:06	14	11:58	45	14:21	29.80	1:16:31	2:34	10	16:05	37	16:43
Wechsel R -> L	0.05	1:26	28:39	16	0:44	50	0:53	29.85	1:17:57	2:36	10	16:37	38	17:24
Rad 000	29.05	1:02:28	2:09	14	12:26	46	15:12	29.85	1:17:57	2:36	10	16:37	38	17:24
Lauf	5.00	23:17	4:39	9	3:21	26	6:59	34.85	1:41:14	2:54	10	19:58	35	21:34