



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Wiens, Michael

□□□: 1:45:26

□□: TRI Team SUS Northeim

□□: 0

□□: 34.85 km

□□□□□/□□□: 44 (of 64)

Carboo4u Triathlon Challenge

□□□□□/□: 39 (of 55)

□□□□□□: 1:19:40

□□□□:

□□□□□: 12(of 18)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:21:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	18:02	24:02	16	8:01	47	8:01	0.75	18:02	24:02	16	8:01	47	8:01
Wechsel S -> R	0.05	1:57	39:00	9	0:59	28	1:06	0.80	19:59	24:58	14	8:41	44	8:41
Schwimmen □□□	0.80	19:59	24:58	14	8:41	44	8:41	0.80	19:59	24:58	14	8:41	44	8:41
Rad netto	29.00	1:00:46	2:05	13	11:42	44	14:05	29.80	1:20:45	2:42	14	20:19	43	20:57
Wechsel R -> L	0.05	0:58	19:19	9	0:16	29	0:25	29.85	1:21:43	2:44	13	20:23	42	21:10
Rad □□□	29.05	1:01:44	2:07	13	11:42	44	14:28	29.85	1:21:43	2:44	13	20:23	42	21:10
Lauf	5.00	23:43	4:44	10	3:47	28	7:25	34.85	1:45:26	3:01	12	24:10	39	25:46