



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Rümenap, Kirsten

000: 1:43:13

00: Jedes Training zählt

00: 0

Enduro U13

00000/000: 42 (of 64)

00000/0: 5 (of 9)

000000: 1:30:44

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00000: 1(of 1)

AK4 weiblich (35-39 Jahre)

0000000: 1:43:13

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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	17:19	23:05	1	-	6	2:50	0.75	17:19	23:05	1	-	6	2:50
Wechsel S -> R	0.05	1:16	25:19	1	-	2	0:25	0.80	18:35	23:13	1	-	5	3:12
Schwimmen 000	0.80	18:35	23:13	1	-	5	3:12	0.80	18:35	23:13	1	-	5	3:12
Rad netto	29.00	59:38	2:03	1	-	3	7:02	29.80	1:18:13	2:37	1	-	4	10:14
Wechsel R -> L	0.05	0:50	16:40	1	-	2	0:13	29.85	1:19:03	2:38	1	-	4	10:27
Rad 000	29.05	1:00:28	2:04	1	-	3	7:15	29.85	1:19:03	2:38	1	-	4	10:27
Lauf	5.00	24:10	4:50	1	-	5	2:44	-	1:43:13	-	1	-	5	12:29