



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Rückebeil, Martin

000: 1:47:38

00: Team Sycor

00: 0

00: 34.85 km

00000/000: 48 (of 64)

Carboo4u Triathlon Challenge

00000/0: 43 (of 55)

000000: 1:19:40

0000:

00000: 10(of 12)

AK4 männlich (35-39 Jahre)

0000000: 1:19:40

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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	16:57	22:35	8	5:09	37	6:56	0.75	16:57	22:35	8	5:09	38	6:56
Wechsel S -> R	0.05	1:56	38:39	8	0:56	27	1:05	0.80	18:53	23:36	9	5:54	38	7:35
Schwimmen 000	0.80	18:53	23:36	9	5:54	38	7:35	0.80	18:53	23:36	9	5:54	38	7:35
Rad netto	29.00	1:00:03	2:04	11	13:22	43	13:22	29.80	1:18:56	2:38	10	19:08	41	19:08
Wechsel R -> L	0.05	1:09	22:59	9	0:36	43	0:36	29.85	1:20:05	2:40	10	19:32	41	19:32
Rad 000	29.05	1:01:12	2:06	11	13:56	41	13:56	29.85	1:20:05	2:40	10	19:32	41	19:32
Lauf	5.00	27:33	5:30	11	11:15	52	11:15	34.85	1:47:38	3:05	10	27:58	43	27:58