



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Pape-Ulmer, Matthias

□□□: 1:48:38

□□: Beste Freunde

□□: 0

□□: 34.85 km

□□□□□/□□□: 51 (of 64)

Carboo4u Triathlon Challenge

□□□□□/□: 46 (of 55)

□□□□□□: 1:19:40

□□□□:

□□□□□: 15(of 18)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:21:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	17:01	22:41	13	7:00	39	7:00	0.75	17:01	22:41	13	7:00	39	7:00
Wechsel S -> R	0.05	3:43	74:19	17	2:45	53	2:52	0.80	20:44	25:55	15	9:26	46	9:26
Schwimmen □□□	0.80	20:44	25:55	15	9:26	46	9:26	0.80	20:44	25:55	15	9:26	46	9:26
Rad netto	29.00	1:01:27	2:07	15	12:23	48	14:46	29.80	1:22:11	2:45	15	21:45	48	22:23
Wechsel R -> L	0.05	1:06	22:00	13	0:24	39	0:33	29.85	1:23:17	2:47	15	21:57	46	22:44
Rad □□□	29.05	1:02:33	2:09	15	12:31	47	15:17	29.85	1:23:17	2:47	15	21:57	46	22:44
Lauf	5.00	25:21	5:04	14	5:25	38	9:03	34.85	1:48:38	3:07	15	27:22	46	28:58