



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Lindert, Jörg

000: 1:22:57

00: MTV Förste Harz

00: 0

00: 34.85 km

00000/000: 6 (of 64)

Carboo4u Triathlon Challenge

00000/0: 6 (of 55)

000000: 1:19:40

0000:

00000: 1(of 6)

Senioren 1 (40-44 Jahre)

0000000: 1:22:57

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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	11:46	15:41	1	-	3	1:45	0.75	11:46	15:41	1	-	56	1:45
Wechsel S -> R	0.05	1:36	32:00	2	0:36	21	0:45	0.80	13:22	16:42	7	0:20	56	2:04
Schwimmen 000	0.80	13:22	16:42	7	0:20	56	2:04	0.80	13:22	16:42	7	0:20	56	2:04
Rad netto	29.00	49:00	1:41	2	1:26	5	2:19	29.80	1:02:22	2:05	1	-	56	2:34
Wechsel R -> L	0.05	0:41	13:39	1	-	10	0:08	29.85	1:03:03	2:06	1	-	56	2:30
Rad 000	29.05	49:41	1:42	2	1:14	5	2:25	29.85	1:03:03	2:06	1	-	56	2:30
Lauf	5.00	19:54	3:58	2	0:47	7	3:36	34.85	1:22:57	2:22	1	-	6	3:17