



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Mortzfeld, Ulrich

000: 1:25:15

00: 112

00: 34.85 km

Carboo4u Triathlon Challenge

00000/000: 9 (of 64)

00000/0: 9 (of 55)

000000: 1:19:40

0000:

Senioren 2 (45-49 Jahre)

00000: 2(of 18)

0000000: 1:21:16

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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 | 12:35 | 16:46 | 3 | 2:34 | 11 | 2:34 | 0.75 | 12:35 | 16:46 | 19 | 2:34 | 56 | 2:34 |
| Wechsel S -> R | 0.05 | 1:12 | 23:59 | 2 | 0:14 | 9 | 0:21 | 0.80 | 13:47 | 17:13 | 19 | 2:29 | 56 | 2:29 |
| Schwimmen 000 | 0.80 | 13:47 | 17:13 | 19 | 2:29 | 56 | 2:29 | 0.80 | 13:47 | 17:13 | 19 | 2:29 | 56 | 2:29 |
| Rad netto | 29.00 | 49:29 | 1:42 | 3 | 0:25 | 8 | 2:48 | 29.80 | 1:03:16 | 2:07 | 19 | 2:50 | 56 | 3:28 |
| Wechsel R -> L | 0.05 | 0:43 | 14:19 | 2 | 0:01 | 13 | 0:10 | 29.85 | 1:03:59 | 2:08 | 19 | 2:39 | 56 | 3:26 |
| Rad 000 | 29.05 | 50:12 | 1:43 | 3 | 0:10 | 9 | 2:56 | 29.85 | 1:03:59 | 2:08 | 19 | 2:39 | 56 | 3:26 |
| Lauf | 5.00 | 21:16 | 4:15 | 4 | 1:20 | 13 | 4:58 | 34.85 | 1:25:15 | 2:26 | 2 | 3:59 | 9 | 5:35 |