



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