



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Hölzchen, Jasper

□□□: 36:51

□□: DLRG Uslar

□□: 24

□□: 13.00 km

Carboo4u Triathlon Schüler A/Jugend B

□□□□□/□□□: 3 (of 3)

□□□□□/□: 3 (of 3)

□□□□□□: 27:43

□□□□:

männliche Jugend B (14+15 Jahre)

□□□□□: 1(of 1)

□□□□□□□: 36:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.40	6:28	16:09	1	-	1	-	0.40	6:28	16:09	1	-	1	-
Wechsel S -> R	0.05	0:52	17:19	1	-	1	-	0.45	7:20	16:17	1	-	1	-
Schwimmen □□□	0.45	7:20	16:17	1	-	1	-	0.45	7:20	16:17	1	-	1	-
Rad netto	10.00	19:27	1:56	1	-	3	11:45	10.45	26:47	2:33	1	-	3	9:26
Wechsel R -> L	0.05	0:28	9:19	1	-	2	0:05	10.50	27:15	2:35	1	-	3	9:31
Rad □□□	10.05	19:55	1:58	1	-	3	11:28	10.50	27:15	2:35	1	-	3	9:31
Lauf	2.50	9:36	3:50	1	-	1	-	13.00	36:51	2:50	1	-	3	9:08