



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Sasse, Michael

□□□: 1:56:02

□□: Beste Lauffreunde

□□: 0

□□: 34.85 km

□□□□□/□□□: 62 (of 64)

Carboo4u Triathlon Challenge

□□□□□/□: 54 (of 55)

□□□□□□: 1:19:40

□□□□:

□□□□□: 17(of 18)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:21:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	19:53	26:30	17	9:52	53	9:52	0.75	19:53	26:30	17	9:52	53	9:52
Wechsel S -> R	0.05	2:16	45:19	13	1:18	39	1:25	0.80	22:09	27:41	16	10:51	51	10:51
Schwimmen □□□	0.80	22:09	27:41	16	10:51	51	10:51	0.80	22:09	27:41	16	10:51	51	10:51
Rad netto	29.00	1:05:24	2:15	17	16:20	54	18:43	29.80	1:27:33	2:56	17	27:07	53	27:45
Wechsel R -> L	0.05	1:07	22:19	14	0:25	40	0:34	29.85	1:28:40	2:58	17	27:20	53	28:07
Rad □□□	29.05	1:06:31	2:17	17	16:29	54	19:15	29.85	1:28:40	2:58	17	27:20	53	28:07
Lauf	5.00	27:22	5:28	16	7:26	49	11:04	34.85	1:56:02	3:19	17	34:46	54	36:22