



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Homeier, Derek

000: 1:30:39

00: PERSONAL SPORTS | Charity

00: 0

Enduro U13

00000/000: 14 (of 64)

00000/0: 14 (of 55)

000000: 1:19:40

0000:

00000: 5(of 18)

Senioren 2 (45-49 Jahre)

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	16:25	21:53	12	6:24	36	6:24	0.75	16:25	21:53	19	6:24	56	6:24
Wechsel S -> R	0.05	2:14	44:39	12	1:16	38	1:23	0.80	18:39	23:18	19	7:21	56	7:21
Schwimmen 000	0.80	18:39	23:18	19	7:21	56	7:21	0.80	18:39	23:18	19	7:21	56	7:21
Rad netto	29.00	49:04	1:41	1	-	6	2:23	29.80	1:07:43	2:16	19	7:17	56	7:55
Wechsel R -> L	0.05	1:02	20:40	10	0:20	34	0:29	29.85	1:08:45	2:18	19	7:25	56	8:12
Rad 000	29.05	50:06	1:43	2	0:04	7	2:50	29.85	1:08:45	2:18	19	7:25	56	8:12
Lauf	5.00	21:54	4:22	6	1:58	17	5:36	-	1:30:39	-	5	9:23	14	10:59