



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Bittner, Torsten

□□□: 1:31:19

□□: TSG 07 Burg Gretesch

□□: 0

□□: 34.85 km

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Carboo4u Triathlon Challenge

□□□□□/□: 17 (of 55)

□□□□□□: 1:19:40

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□□□□□: 7(of 18)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:21:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	12:25	16:33	2	2:24	9	2:24	0.75	12:25	16:33	19	2:24	56	2:24
Wechsel S -> R	0.05	0:58	19:19	1	-	2	0:07	0.80	13:23	16:43	19	2:05	56	2:05
Schwimmen □□□	0.80	13:23	16:43	19	2:05	56	2:05	0.80	13:23	16:43	19	2:05	56	2:05
Rad netto	29.00	54:07	1:51	8	5:03	24	7:26	29.80	1:07:30	2:15	19	7:04	56	7:42
Wechsel R -> L	0.05	0:42	13:59	1	-	11	0:09	29.85	1:08:12	2:17	19	6:52	56	7:39
Rad □□□	29.05	54:49	1:53	8	4:47	24	7:33	29.85	1:08:12	2:17	19	6:52	56	7:39
Lauf	5.00	23:07	4:37	8	3:11	23	6:49	34.85	1:31:19	2:37	7	10:03	17	11:39