



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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**Borgmann, Roger**

□□□: 1:27:09

□□: ASC Göttingen

□□: 0

□□: 34.85 km

□□□□□/□□□: 10 (of 64)

Carboo4u Triathlon Challenge

□□□□□/□: 10 (of 55)

□□□□□□: 1:19:40

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□□□□□: 1(of 6)

Senioren 3 (50-54 Jahre)

□□□□□□□: 1:27:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	10:59	14:38	1	-	2	0:58	0.75	10:59	14:38	1	-	56	0:58
Wechsel S -> R	0.05	1:23	27:39	1	-	14	0:32	0.80	12:22	15:27	1	-	56	1:04
Schwimmen □□□	0.80	12:22	15:27	1	-	56	1:04	0.80	12:22	15:27	1	-	56	1:04
Rad netto	29.00	49:45	1:42	1	-	10	3:04	29.80	1:02:07	2:05	1	-	56	2:19
Wechsel R -> L	0.05	0:47	15:39	1	-	18	0:14	29.85	1:02:54	2:06	1	-	56	2:21
Rad □□□	29.05	50:32	1:44	1	-	10	3:16	29.85	1:02:54	2:06	1	-	56	2:21
Lauf	5.00	24:15	4:50	2	1:05	32	7:57	34.85	1:27:09	2:30	1	-	10	7:29