



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Rensch, Daniela

000: 1:51:00

00: WSV 1921 Wolfenbüttel

00: 0

00: 34.85 km

00000/000: 55 (of 64)

Carboo4u Triathlon Challenge

00000/0: 6 (of 9)

000000: 1:30:44

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00000: 1(of 2)

Seniorinnen 1 (40-44 Jahre)

0000000: 1:51:00

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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	17:12	22:56	1	-	5	2:43	0.75	17:12	22:56	1	-	5	2:43
Wechsel S -> R	0.05	1:28	29:19	1	-	3	0:37	0.80	18:40	23:19	1	-	6	3:17
Schwimmen 000	0.80	18:40	23:19	1	-	6	3:17	0.80	18:40	23:19	1	-	6	3:17
Rad netto	29.00	1:00:48	2:05	1	-	4	8:12	29.80	1:19:28	2:39	1	-	6	11:29
Wechsel R -> L	0.05	0:58	19:19	1	-	4	0:21	29.85	1:20:26	2:41	1	-	5	11:50
Rad 000	29.05	1:01:46	2:07	1	-	4	8:33	29.85	1:20:26	2:41	1	-	5	11:50
Lauf	5.00	30:34	6:06	2	5:21	8	9:08	34.85	1:51:00	3:11	1	-	6	20:16