



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Gante, Phyllis

□□□: 2:42:05

□□: SC Weser

□□: 1

□□: 34.85 km

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Carboo4u Triathlon Challenge

□□□□□/□: 9 (of 9)

□□□□□□: 1:30:44

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□□□□□: 1(of 1)

Seniorinnen 3 (50-54 Jahre)

□□□□□□□: 2:42:05

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	28:18	37:44	1	-	9	13:49	0.75	28:18	37:44	1	-	10	13:49
Wechsel S -> R	0.05	5:53	117:40	1	-	9	5:02	0.80	34:11	42:43	1	-	10	18:48
Schwimmen □□□	0.80	34:11	42:43	1	-	10	18:48	0.80	34:11	42:43	1	-	10	18:48
Rad netto	29.00	1:26:54	2:59	1	-	9	34:18	29.80	2:01:05	4:03	1	-	10	53:06
Wechsel R -> L	0.05	1:00	20:00	1	-	5	0:23	29.85	2:02:05	4:05	1	-	10	53:29
Rad □□□	29.05	1:27:54	3:01	1	-	9	34:41	29.85	2:02:05	4:05	1	-	10	53:29
Lauf	5.00	40:00	8:00	1	-	9	18:34	34.85	2:42:05	4:39	1	-	9	1:11:21