



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

0000

Gehroid, Martin

000: 1:40:55

00: ASC Göttingen

00: 0

00: 34.85 km

00000/000: 36 (of 64)

Carboo4u Triathlon Challenge

00000/0: 33 (of 55)

000000: 1:19:40

0000:

00000: 9(of 18)

Senioren 2 (45-49 Jahre)

0000000: 1:21:16

0000

0000

000

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	15:29	20:38	11	5:28	32	5:28	0.75	15:29	20:38	19	5:28	56	5:28
Wechsel S -> R	0.05	2:18	45:59	14	1:20	40	1:27	0.80	17:47	22:13	19	6:29	56	6:29
Schwimmen 000	0.80	17:47	22:13	19	6:29	56	6:29	0.80	17:47	22:13	19	6:29	56	6:29
Rad netto	29.00	58:12	2:00	9	9:08	34	11:31	29.80	1:15:59	2:32	19	15:33	56	16:11
Wechsel R -> L	0.05	1:02	20:40	10	0:20	34	0:29	29.85	1:17:01	2:34	19	15:41	56	16:28
Rad 000	29.05	59:14	2:02	9	9:12	35	11:58	29.85	1:17:01	2:34	19	15:41	56	16:28
Lauf	5.00	23:54	4:46	12	3:58	30	7:36	34.85	1:40:55	2:53	9	19:39	33	21:15