



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Herre, Norbert

000: 1:50:02

00: Caf'e PulkenNest

00: 0

00: 34.85 km

00000/000: 53 (of 64)

Carboo4u Triathlon Challenge

00000/0: 48 (of 55)

000000: 1:19:40

0000:

00000: 5(of 6)

Senioren 3 (50-54 Jahre)

0000000: 1:27:09

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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	18:33	24:44	5	7:34	49	8:32	0.75	18:33	24:44	5	7:34	56	8:32
Wechsel S -> R	0.05	3:17	65:39	6	1:54	49	2:26	0.80	21:50	27:17	6	9:28	56	10:32
Schwimmen 000	0.80	21:50	27:17	6	9:28	56	10:32	0.80	21:50	27:17	6	9:28	56	10:32
Rad netto	29.00	59:53	2:03	5	10:08	42	13:12	29.80	1:21:43	2:44	5	19:36	56	21:55
Wechsel R -> L	0.05	1:38	32:39	6	0:51	52	1:05	29.85	1:23:21	2:47	5	20:27	56	22:48
Rad 000	29.05	1:01:31	2:07	5	10:59	43	14:15	29.85	1:23:21	2:47	5	20:27	56	22:48
Lauf	5.00	26:41	5:20	6	3:31	46	10:23	34.85	1:50:02	3:09	5	22:53	48	30:22