



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Kohrs, Markus

000: 1:33:34

00: 0

00: 34.85 km

Carboo4u Triathlon Challenge

00000/000: 25 (of 64)

00000/0: 24 (of 55)

000000: 1:19:40

0000:

AK4 männlich (35-39 Jahre)

00000: 6(of 12)

0000000: 1:19:40

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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	13:43	18:17	4	1:55	16	3:42	0.75	13:43	18:17	13	1:55	56	3:42
Wechsel S -> R	0.05	1:34	31:19	6	0:34	20	0:43	0.80	15:17	19:06	13	2:18	56	3:59
Schwimmen 000	0.80	15:17	19:06	13	2:18	56	3:59	0.80	15:17	19:06	13	2:18	56	3:59
Rad netto	29.00	55:26	1:54	7	8:45	28	8:45	29.80	1:10:43	2:22	13	10:55	56	10:55
Wechsel R -> L	0.05	0:52	17:19	6	0:19	21	0:19	29.85	1:11:35	2:23	13	11:02	56	11:02
Rad 000	29.05	56:18	1:56	8	9:02	29	9:02	29.85	1:11:35	2:23	13	11:02	56	11:02
Lauf	5.00	21:59	4:23	5	5:41	19	5:41	34.85	1:33:34	2:41	6	13:54	24	13:54