



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Op de Coul, Léon

000: 1:39:03

00: Triathlon Vereniging Roermond

00: 0

00: 34.85 km

00000/000: 33 (of 64)

Carboo4u Triathlon Challenge

00000/0: 31 (of 55)

000000: 1:19:40

0000:

00000: 4(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	13:13	17:37	2	2:14	12	3:12	0.75	13:13	17:37	2	2:14	56	3:12
Wechsel S -> R	0.05	1:58	39:19	4	0:35	30	1:07	0.80	15:11	18:58	2	2:49	56	3:53
Schwimmen 000	0.80	15:11	18:58	2	2:49	56	3:53	0.80	15:11	18:58	2	2:49	56	3:53
Rad netto	29.00	57:10	1:58	4	7:25	33	10:29	29.80	1:12:21	2:25	3	10:14	56	12:33
Wechsel R -> L	0.05	1:11	23:39	5	0:24	45	0:38	29.85	1:13:32	2:27	3	10:38	56	12:59
Rad 000	29.05	58:21	2:00	4	7:49	33	11:05	29.85	1:13:32	2:27	3	10:38	56	12:59
Lauf	5.00	25:31	5:06	4	2:21	41	9:13	34.85	1:39:03	2:50	4	11:54	31	19:23