



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Kaspari, Mark

000: 1:47:11

00: TG Freden e.V.

00: 0

00: 34.85 km

00000/000: 47 (of 64)

Carboo4u Triathlon Challenge

00000/0: 42 (of 55)

000000: 1:19:40

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00000: 14(of 18)

Senioren 2 (45-49 Jahre)

0000000: 1:21:16

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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	17:13	22:57	14	7:12	43	7:12	0.75	17:13	22:57	19	7:12	56	7:12
Wechsel S -> R	0.05	6:40	133:20	18	5:42	54	5:49	0.80	23:53	29:51	19	12:35	56	12:35
Schwimmen 000	0.80	23:53	29:51	19	12:35	56	12:35	0.80	23:53	29:51	19	12:35	56	12:35
Rad netto	29.00	59:19	2:02	10	10:15	37	12:38	29.80	1:23:12	2:47	19	22:46	56	23:24
Wechsel R -> L	0.05	2:03	40:59	18	1:21	55	1:30	29.85	1:25:15	2:51	19	23:55	56	24:42
Rad 000	29.05	1:01:22	2:06	12	11:20	42	14:06	29.85	1:25:15	2:51	19	23:55	56	24:42
Lauf	5.00	21:56	4:23	7	2:00	18	5:38	34.85	1:47:11	3:04	14	25:55	42	27:31