



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Taube, Ingo

□□□: 1:51:10

□□: 0

□□: 34.85 km

Carboo4u Triathlon Challenge

□□□□□/□□□: 56 (of 64)

□□□□□/□: 50 (of 55)

□□□□□□: 1:19:40

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 6(of 6)

□□□□□□□: 1:22:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.75	17:02	22:42	5	5:16	40	7:01	0.75	17:02	22:42	5	5:16	56	7:01
Wechsel S -> R	0.05	3:07	62:19	6	2:07	47	2:16	0.80	20:09	25:11	7	7:07	56	8:51
Schwimmen □□□	0.80	20:09	25:11	7	7:07	56	8:51	0.80	20:09	25:11	7	7:07	56	8:51
Rad netto	29.00	1:02:39	2:09	6	15:05	50	15:58	29.80	1:22:48	2:46	6	20:26	56	23:00
Wechsel R -> L	0.05	1:10	23:19	5	0:29	44	0:37	29.85	1:23:58	2:48	6	20:55	56	23:25
Rad □□□	29.05	1:03:49	2:11	6	15:22	49	16:33	29.85	1:23:58	2:48	6	20:55	56	23:25
Lauf	5.00	27:12	5:26	5	8:05	48	10:54	34.85	1:51:10	3:11	6	28:13	50	31:30