



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

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Werksteam Spanex

000: 1:39:51

00: Werksteam Spanex

00: 164

00: 34.85 km

00000/000: 3 (of 12)

Carboo4u Triathlon Firmen- und Staffeltriathlon 00000/000: 3 (of 12)

000000: 1:22:17

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00000: 3(of 12)

Staffel

0000000: 1:22:17

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.75	17:15	23:00	5	3:44	5	3:44	0.75	17:15	23:00	5	3:44	5	3:44
Wechsel S -> R	0.05	0:21	6:59	4	0:05	4	0:05	0.80	17:36	22:00	5	3:46	5	3:46
Schwimmen 000	0.80	17:36	22:00	5	3:46	5	3:46	0.80	17:36	22:00	5	3:46	5	3:46
Rad netto	29.00	58:15	2:00	3	8:35	3	8:35	29.80	1:15:51	2:32	2	12:21	2	12:21
Wechsel R -> L	0.05	0:38	12:39	10	0:18	10	0:18	29.85	1:16:29	2:33	2	12:37	2	12:37
Rad 000	29.05	58:53	2:01	3	8:51	3	8:51	29.85	1:16:29	2:33	2	12:37	2	12:37
Lauf	5.00	23:22	4:40	5	4:57	5	4:57	34.85	1:39:51	2:51	3	17:34	3	17:34