



# Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

□□□□

Kuhn, Denny

□□□: 1:30:16

□□: Göttinger Sieben

□□: 635

□□: 33.50 km

Carboo4u Triathlon Challenge

□□□□□/□□□: 17 (of 67)

□□□□□/□: 16 (of 54)

□□□□□□: 1:12:01

□□□□:

AK 4 TM Jg. 35

□□□□□: 4(of 7)

□□□□□□□: 1:12:01

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:05	22:10	5	3:43	35	3:54	0.50	11:05	22:10	5	3:43	35	3:54
Wechsel S -> R	-	1:01	-	2	0:08	11	0:17	0.50	12:06	24:11	5	3:29	29	4:03
Schwimmen □□□	0.50	12:06	24:11	5	3:29	29	4:03	0.50	12:06	24:11	5	3:29	29	4:03
Rad netto	28.00	54:02	1:55	3	9:01	18	9:01	28.50	1:06:08	2:19	4	12:30	18	12:30
Wechsel R -> L	-	0:42	-	3	0:11	14	0:12	28.50	1:06:50	2:20	4	12:41	17	12:41
Radfahren □□□	28.00	54:44	1:57	3	9:12	16	9:12	28.50	1:06:50	2:20	4	12:41	17	12:41
Lauf	5.00	23:26	4:41	3	5:34	16	5:34	33.50	1:30:16	2:41	4	18:15	16	18:15