



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Hohlstamm, Stefan

□□□: 1:34:01

□□: Jedes Training zählt

□□: 622

□□: 33.50 km

Carboo4u Triathlon Challenge

□□□□□/□□□: 27 (of 67)

□□□□□/□: 26 (of 54)

□□□□□□: 1:12:01

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AK 3 TM Jg. 30

□□□□□: 7(of 8)

□□□□□□□: 1:17:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:18	20:36	5	3:07	24	3:07	0.50	10:18	20:36	5	3:07	24	3:07	
Wechsel S -> R	-	1:01	-	5	0:17	11	0:17	0.50	11:19	22:37	5	3:16	20	3:16	
Schwimmen □□□	0.50	11:19	22:37	5	3:16	20	3:16	0.50	11:19	22:37	5	3:16	20	3:16	
Rad netto	28.00	54:41	1:57	6	7:39	20	9:40	28.50	1:06:00	2:18	6	10:38	17	12:22	
Wechsel R -> L	-	0:53	-	6	0:19	22	0:23	28.50	1:06:53	2:20	6	10:50	18	12:44	
Radfahren □□□	28.00	55:34	1:59	6	7:51	21	10:02	28.50	1:06:53	2:20	6	10:50	18	12:44	
Lauf	5.00	27:08	5:25	8	7:31	40	9:16	33.50	1:34:01	2:48	7	16:41	26	22:00	