



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Kaiser, Andreas

□□□: 1:35:51

□□: LTV Obereichsfeld e.V.

□□: 625

□□: 33.50 km

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Carboo4u Triathlon Challenge

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□□□□□□: 1:12:01

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□□□□□: 2(of 6)

Senioren 4 TM Jg.55

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	km	min/km	-	-			km	min/km	-	-				
Schwimmen nett	0.50	10:15	20:30	1	-	22	3:04	0.50	10:15	20:30	1	-	23	3:04
Wechsel S -> R	-	1:30	-	2	0:02	28	0:46	0.50	11:45	23:30	1	-	21	3:42
Schwimmen	0.50	11:45	23:30	1	-	21	3:42	0.50	11:45	23:30	1	-	21	3:42
Rad netto	28.00	58:14	2:04	2	3:18	33	13:13	28.50	1:09:59	2:27	7	1:21	32	16:21
Wechsel R -> L	-	1:00	-	2	0:30	28	0:30	28.50	1:10:59	2:29	7	1:51	32	16:50
Radfahren	28.00	59:14	2:06	2	3:48	33	13:42	28.50	1:10:59	2:29	7	1:51	32	16:50
Lauf	5.00	24:52	4:58	3	2:57	28	7:00	33.50	1:35:51	2:51	2	4:48	29	23:50