



# Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Goebel, Mark

□□□: 1:36:45

□□: Tri Team Fuldata1

□□: 612

□□: 33.50 km

□□□□□/□□□: 34 (of 67)

Carboo4u Triathlon Challenge

□□□□□/□: 32 (of 54)

□□□□□□: 1:12:01

□□□□:

□□□□□: 4(of 6)

Senioren 1 TM Jg.40

□□□□□□□: 1:14:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:29	16:57	2	0:24	8	1:18	0.50	8:29	16:57	2	0:24	8	1:18
Wechsel S -> R	-	1:12	-	3	0:12	17	0:28	0.50	9:41	19:22	2	0:28	8	1:38
Schwimmen □□□	0.50	9:41	19:22	2	0:28	8	1:38	0.50	9:41	19:22	2	0:28	8	1:38
Rad netto	28.00	58:27	2:05	4	12:20	34	13:26	28.50	1:08:08	2:23	3	12:48	27	14:30
Wechsel R -> L	-	0:44	-	3	0:10	17	0:14	28.50	1:08:52	2:24	3	12:58	27	14:43
Radfahren □□□	28.00	59:11	2:06	4	12:30	32	13:39	28.50	1:08:52	2:24	3	12:58	27	14:43
Lauf	5.00	27:53	5:34	4	9:25	43	10:01	33.50	1:36:45	2:53	4	22:23	32	24:44