



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Kaspari, Mark

□□□: 1:37:13

□□: TG Freden e.V.

□□: 626

□□: 33.50 km

□□□□□/□□□: 35 (of 67)

Carboo4u Triathlon Challenge

□□□□□/□: 33 (of 54)

□□□□□□: 1:12:01

□□□□:

□□□□□: 6(of 8)

Senioren 2 TM Jg.45

□□□□□□□: 1:20:48

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 11:02 | 22:03 | 4 | 3:03 | 32 | 3:51 | 0.50 | 11:02 | 22:03 | 9 | 3:03 | 32 | 3:51 |
| Wechsel S -> R | - | 3:11 | - | 8 | 2:26 | 54 | 2:27 | 0.50 | 14:13 | 28:26 | 9 | 5:29 | 46 | 6:10 |
| Schwimmen □□□ | 0.50 | 14:13 | 28:26 | 9 | 5:29 | 46 | 6:10 | 0.50 | 14:13 | 28:26 | 9 | 5:29 | 46 | 6:10 |
| Rad netto | 28.00 | 57:11 | 2:02 | 6 | 7:51 | 31 | 12:10 | 28.50 | 1:11:24 | 2:30 | 9 | 13:20 | 35 | 17:46 |
| Wechsel R -> L | - | 2:08 | - | 8 | 1:29 | 54 | 1:38 | 28.50 | 1:13:32 | 2:34 | 9 | 14:48 | 38 | 19:23 |
| Radfahren □□□ | 28.00 | 59:19 | 2:07 | 6 | 9:19 | 34 | 13:47 | 28.50 | 1:13:32 | 2:34 | 9 | 14:48 | 38 | 19:23 |
| Lauf | 5.00 | 23:41 | 4:44 | 5 | 1:38 | 21 | 5:49 | 33.50 | 1:37:13 | 2:54 | 6 | 16:25 | 33 | 25:12 |