



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Bachmann, Nina

□□□: 1:39:02

□□: Tri-Team Fuldata1

□□: 601

□□: 33.50 km

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Carboo4u Triathlon Challenge

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□□□□□□: 1:28:42

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□□□□□: 2(of 2)

Seniorinnen 1 TW Jg. 40

□□□□□□□: 1:35:39

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	0.50 km	10:11 00	20:22 min/km	1 -	- -	1 0	- 0	0.50 km	10:11 00	20:22 min/km	1 -	- -	1 0	- 0
Schwimmen nett	0.50	10:11	20:22	1	-	1	-	0.50	10:11	20:22	1	-	1	-
Wechsel S -> R	-	1:27	-	1	-	4	0:06	0.50	11:38	23:15	1	-	1	-
Schwimmen 000	0.50	11:38	23:15	1	-	1	-	0.50	11:38	23:15	1	-	1	-
Rad netto	28.00	1:00:11	2:08	2	4:46	4	6:52	28.50	1:11:49	2:31	3	4:22	14	6:42
Wechsel R -> L	-	0:48	-	1	-	2	0:12	28.50	1:12:37	2:32	3	4:05	14	6:22
Radfahren 000	28.00	1:00:59	2:10	2	4:29	4	6:32	28.50	1:12:37	2:32	3	4:05	14	6:22
Lauf	5.00	26:25	5:16	1	-	3	3:58	33.50	1:39:02	2:57	2	3:23	3	10:20