



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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ADL TriTeam

□□□: 1:22:12

□□: ADL TriTeam

□□: 682

□□: 33.50 km

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Carboo4u Triathlon Challenge Staffel

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□□□□□□: 1:22:12

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□□□□□: 1(of 1)

Firmenstaffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	11:47	23:33	1	-	4	3:14	0.50	11:47	23:33	1	-	5	3:14
Wechsel S -> R	-	0:40	-	1	-	4	0:08	0.50	12:27	24:53	1	-	5	3:18
Schwimmen □□□	0.50	12:27	24:53	1	-	5	3:18	0.50	12:27	24:53	1	-	5	3:18
Rad netto	28.00	49:38	1:46	1	-	1	-	28.50	1:02:05	2:10	1	-	1	-
Wechsel R -> L	-	0:31	-	1	-	3	0:05	28.50	1:02:36	2:11	1	-	1	-
Radfahren □□□	28.00	50:09	1:47	1	-	1	-	28.50	1:02:36	2:11	1	-	1	-
Lauf	5.00	19:36	3:55	1	-	1	-	33.50	1:22:12	2:27	1	-	1	-