



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Andräs, Olaf

□□□: 1:42:09

□□: SV Teutonia Groß Lafferde e.V.

□□: 600

□□: 33.50 km

□□□□□/□□□: 46 (of 67)

Carboo4u Triathlon Challenge

□□□□□/□: 42 (of 54)

□□□□□□: 1:12:01

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□□□□□: 7(of 12)

Senioren 3 TM Jg.50

□□□□□□□: 1:31:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:54	19:48	3	0:43	18	2:43	0.50	9:54	19:48	3	0:43	18	2:43
Wechsel S -> R	-	1:20	-	4	0:19	22	0:36	0.50	11:14	22:27	3	1:02	19	3:11
Schwimmen □□□	0.50	11:14	22:27	3	1:02	19	3:11	0.50	11:14	22:27	3	1:02	19	3:11
Rad netto	28.00	1:01:04	2:10	8	6:16	44	16:03	28.50	1:12:18	2:32	5	6:02	38	18:40
Wechsel R -> L	-	1:03	-	6	0:22	29	0:33	28.50	1:13:21	2:34	5	6:06	37	19:12
Radfahren □□□	28.00	1:02:07	2:13	8	6:23	43	16:35	28.50	1:13:21	2:34	5	6:06	37	19:12
Lauf	5.00	28:48	5:45	8	5:06	46	10:56	33.50	1:42:09	3:02	7	10:13	42	30:08