



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Reiner, Thomas

□□□: 1:25:23

□□: TWG Triathlon

□□: 651

□□: 33.50 km

Carboo4u Triathlon Challenge

□□□□□/□□□: 12 (of 67)

□□□□□/□: 12 (of 54)

□□□□□□: 1:12:01

□□□□:

Senioren 2 TM Jg.45

□□□□□: 3(of 8)

□□□□□□□: 1:20:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:15	20:30	3	2:16	22	3:04	0.50	10:15	20:30	9	2:16	23	3:04	
Wechsel S -> R	-	0:58	-	3	0:13	9	0:14	0.50	11:13	22:26	9	2:29	55	3:10	
Schwimmen □□□	0.50	11:13	22:26	9	2:29	55	3:10	0.50	11:13	22:26	9	2:29	55	3:10	
Rad netto	28.00	50:49	1:48	2	1:29	10	5:48	28.50	1:02:02	2:10	9	3:58	55	8:24	
Wechsel R -> L	-	1:09	-	4	0:30	38	0:39	28.50	1:03:11	2:13	9	4:27	55	9:02	
Radfahren □□□	28.00	51:58	1:51	2	1:58	10	6:26	28.50	1:03:11	2:13	9	4:27	55	9:02	
Lauf	5.00	22:12	4:26	3	0:09	13	4:20	33.50	1:25:23	2:32	3	4:35	12	13:22	