



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Dreverhoff, Peter

□□□: 1:40:19

□□: CC Tostedt

□□: 606

□□: 33.50 km

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Carboo4u Triathlon Challenge

□□□□□/□: 39 (of 54)

□□□□□□: 1:12:01

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□□□□□: 6(of 12)

Senioren 3 TM Jg.50

□□□□□□□: 1:31:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:35	25:10	10	3:24	48	5:24	0.50	12:35	25:10	10	3:24	48	5:24
Wechsel S -> R	-	1:48	-	7	0:47	38	1:04	0.50	14:23	28:45	9	4:11	47	6:20
Schwimmen □□□	0.50	14:23	28:45	9	4:11	47	6:20	0.50	14:23	28:45	9	4:11	47	6:20
Rad netto	28.00	58:53	2:06	5	4:05	35	13:52	28.50	1:13:16	2:34	7	7:00	42	19:38
Wechsel R -> L	-	1:07	-	9	0:26	37	0:37	28.50	1:14:23	2:36	7	7:08	41	20:14
Radfahren □□□	28.00	1:00:00	2:08	5	4:16	35	14:28	28.50	1:14:23	2:36	7	7:08	41	20:14
Lauf	5.00	25:56	5:11	4	2:14	32	8:04	33.50	1:40:19	2:59	6	8:23	39	28:18