



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Behrens, Daniel

□□□: 1:17:41

□□: Triathlon SC Bad Münders

□□: 602

□□: 33.50 km

Carboo4u Triathlon Challenge

□□□□□/□□□: 4 (of 67)

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□□□□□□: 1:12:01

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AK 3 TM Jg. 30

□□□□□: 2(of 8)

□□□□□□□: 1:17:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	7:11	14:22	1	-	1	-	0.50	7:11	14:22	1	-	1	-
Wechsel S -> R	-	0:52	-	3	0:08	4	0:08	0.50	8:03	16:06	1	-	1	-
Schwimmen □□□	0.50	8:03	16:06	1	-	1	-	0.50	8:03	16:06	1	-	1	-
Rad netto	28.00	49:26	1:45	3	2:24	7	4:25	28.50	57:29	2:01	3	2:07	5	3:51
Wechsel R -> L	-	0:35	-	2	0:01	5	0:05	28.50	58:04	2:02	3	2:01	5	3:55
Radfahren □□□	28.00	50:01	1:47	3	2:18	7	4:29	28.50	58:04	2:02	3	2:01	5	3:55
Lauf	5.00	19:37	3:55	1	-	3	1:45	33.50	1:17:41	2:19	2	0:21	4	5:40