



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Springer, Marcel

□□□: 1:29:28

□□: SKV Mörfelden 1879 e.V.

□□: 667

□□: 33.50 km

□□□□□/□□□: 14 (of 67)

Carboo4u Triathlon Challenge

□□□□□/□: 13 (of 54)

□□□□□□: 1:12:01

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□□□□□: 3(of 5)

AK 2 TM Jg. 25

□□□□□□□: 1:22:11

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:51	17:41	1	-	10	1:40	0.50	8:51	17:41	1	-	55	1:40
Wechsel S -> R	-	1:14	-	3	0:21	19	0:30	0.50	10:05	20:10	3	0:09	55	2:02
Schwimmen □□□	0.50	10:05	20:10	3	0:09	55	2:02	0.50	10:05	20:10	3	0:09	55	2:02
Rad netto	28.00	53:10	1:53	3	4:04	13	8:09	28.50	1:03:15	2:13	6	4:10	55	9:37
Wechsel R -> L	-	0:42	-	1	-	14	0:12	28.50	1:03:57	2:14	6	3:58	55	9:48
Radfahren □□□	28.00	53:52	1:55	3	3:52	13	8:20	28.50	1:03:57	2:14	6	3:58	55	9:48
Lauf	5.00	25:31	5:06	5	5:17	30	7:39	33.50	1:29:28	2:40	3	7:17	13	17:27