



# Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Schick, Stefan

□□□: 1:30:23

□□: RSC Göttingen

□□: 659

□□: 33.50 km

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Carboo4u Triathlon Challenge

□□□□□/□: 17 (of 54)

□□□□□□: 1:12:01

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□□□□□: 1(of 1)

AK 1 TM Jg. 20

□□□□□□□: 1:30:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:39	21:18	1	-	29	3:28	0.50	10:39	21:18	1	-	30	3:28	
Wechsel S -> R	-	1:41	-	1	-	32	0:57	0.50	12:20	24:40	1	-	55	4:17	
Schwimmen □□□	0.50	12:20	24:40	1	-	55	4:17	0.50	12:20	24:40	1	-	55	4:17	
Rad netto	28.00	53:23	1:54	1	-	14	8:22	28.50	1:05:43	2:18	1	-	55	12:05	
Wechsel R -> L	-	1:04	-	1	-	30	0:34	28.50	1:06:47	2:20	1	-	55	12:38	
Radfahren □□□	28.00	54:27	1:56	1	-	15	8:55	28.50	1:06:47	2:20	1	-	55	12:38	
Lauf	5.00	23:36	4:43	1	-	18	5:44	33.50	1:30:23	2:41	1	-	17	18:22	