



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Henke, Gerd

□□□: 1:49:45

□□: Lauftreff Hofgeismar

□□: 619

□□: 33.50 km

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Carboo4u Triathlon Challenge

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□□□□□□: 1:12:01

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Senioren 5 TM Jg.60

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	km	min/km	-	-			km	min/km	-	-				
Schwimmen nett	0.50	10:14	20:27	1	-	21	3:03	0.50	10:14	20:27	1	-	21	3:03
Wechsel S -> R	-	1:46	-	1	-	37	1:02	0.50	12:00	24:00	1	-	26	3:57
Schwimmen	0.50	12:00	24:00	1	-	26	3:57	0.50	12:00	24:00	1	-	26	3:57
Rad netto	28.00	1:05:27	2:20	1	-	50	20:26	28.50	1:17:27	2:43	1	-	48	23:49
Wechsel R -> L	-	1:38	-	1	-	51	1:08	28.50	1:19:05	2:46	1	-	49	24:56
Radfahren	28.00	1:07:05	2:23	1	-	50	21:33	28.50	1:19:05	2:46	1	-	49	24:56
Lauf	5.00	30:40	6:08	1	-	49	12:48	33.50	1:49:45	3:16	1	-	49	37:44