



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Krug, Marcel

□□□: 1:17:20

□□: CJD Oberurff

□□: 634

□□: 33.50 km

Carboo4u Triathlon Challenge

□□□□□/□□□: 3 (of 67)

□□□□□/□: 3 (of 54)

□□□□□□: 1:12:01

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AK 3 TM Jg. 30

□□□□□: 1(of 8)

□□□□□□□: 1:17:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	7:24	14:48	2	0:13	3	0:13	0.50	7:24	14:48	2	0:13	3	0:13	
Wechsel S -> R	-	0:56	-	4	0:12	8	0:12	0.50	8:20	16:40	2	0:17	2	0:17	
Schwimmen □□□	0.50	8:20	16:40	2	0:17	2	0:17	0.50	8:20	16:40	2	0:17	2	0:17	
Rad netto	28.00	47:02	1:40	1	-	3	2:01	28.50	55:22	1:56	1	-	3	1:44	
Wechsel R -> L	-	0:41	-	5	0:07	11	0:11	28.50	56:03	1:57	1	-	3	1:54	
Radfahren □□□	28.00	47:43	1:42	1	-	3	2:11	28.50	56:03	1:57	1	-	3	1:54	
Lauf	5.00	21:17	4:15	3	1:40	7	3:25	33.50	1:17:20	2:18	1	-	3	5:19	