



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

□□□□

Wimmers, Björn

□□□: 1:33:13

□□: Göttinger Sieben

□□: 674

□□: 33.50 km

Carboo4u Triathlon Challenge

□□□□□/□□□: 25 (of 67)

□□□□□/□: 24 (of 54)

□□□□□□: 1:12:01

□□□□:

AK 4 TM Jg. 35

□□□□□: 5(of 7)

□□□□□□□: 1:12:01

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:18	20:36	4	2:56	24	3:07	0.50	10:18	20:36	8	2:56	24	3:07
Wechsel S -> R	-	1:36	-	6	0:43	30	0:52	0.50	11:54	23:48	8	3:17	55	3:51
Schwimmen □□□	0.50	11:54	23:48	8	3:17	55	3:51	0.50	11:54	23:48	8	3:17	55	3:51
Rad netto	28.00	55:46	1:59	6	10:45	27	10:45	28.50	1:07:40	2:22	8	14:02	55	14:02
Wechsel R -> L	-	1:04	-	6	0:33	30	0:34	28.50	1:08:44	2:24	8	14:35	55	14:35
Radfahren □□□	28.00	56:50	2:01	6	11:18	28	11:18	28.50	1:08:44	2:24	8	14:35	55	14:35
Lauf	5.00	24:29	4:53	4	6:37	27	6:37	33.50	1:33:13	2:46	5	21:12	24	21:12