



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Bumfighters

□□□: 1:35:42

□□: Bumfighters

□□: 683

□□: 33.50 km

□□□□□/□□□: 5 (of 8)

Carboo4u Triathlon Challenge Staffel

□□□□□/□□□: 3 (of 4)

□□□□□□: 1:22:12

□□□□:

□□□□□: 2(of 3)

Mixedstaffel

□□□□□□□: 1:31:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.50	8:47	17:33	2	0:14	2	0:14	0.50	8:47	17:33	4	0:14	5	0:14
Wechsel S -> R	-	0:32	-	1	-	1	-	0.50	9:19	18:37	4	0:10	5	0:10
Schwimmen □□□	0.50	9:19	18:37	4	0:10	5	0:10	0.50	9:19	18:37	4	0:10	5	0:10
Rad netto	28.00	59:35	2:07	2	2:37	3	9:57	28.50	1:08:54	2:25	4	2:28	3	6:49
Wechsel R -> L	-	0:26	-	1	-	1	-	28.50	1:09:20	2:25	4	2:26	3	6:44
Radfahren □□□	28.00	1:00:01	2:08	2	2:35	3	9:52	28.50	1:09:20	2:25	4	2:26	3	6:44
Lauf	5.00	26:22	5:16	2	2:04	3	6:46	33.50	1:35:42	2:51	2	4:30	3	13:30