



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Krahe, Rüdiger

□□□: 1:21:56

□□: Triathlon WVC Kassel

□□: 631

□□: 33.50 km

□□□□□/□□□: 7 (of 67)

Carboo4u Triathlon Challenge

□□□□□/□: 7 (of 54)

□□□□□□: 1:12:01

□□□□:

□□□□□: 2(of 7)

AK 4 TM Jg. 35

□□□□□□□: 1:12:01

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 9:05 | 18:10 | 3 | 1:43 | 13 | 1:54 | 0.50 | 9:05 | 18:10 | 3 | 1:43 | 13 | 1:54 |
| Wechsel S -> R | - | 0:53 | - | 1 | - | 5 | 0:09 | 0.50 | 9:58 | 19:56 | 3 | 1:21 | 11 | 1:55 |
| Schwimmen □□□ | 0.50 | 9:58 | 19:56 | 3 | 1:21 | 11 | 1:55 | 0.50 | 9:58 | 19:56 | 3 | 1:21 | 11 | 1:55 |
| Rad netto | 28.00 | 49:48 | 1:46 | 2 | 4:47 | 9 | 4:47 | 28.50 | 59:46 | 2:05 | 2 | 6:08 | 8 | 6:08 |
| Wechsel R -> L | - | 0:40 | - | 2 | 0:09 | 8 | 0:10 | 28.50 | 1:00:26 | 2:07 | 2 | 6:17 | 8 | 6:17 |
| Radfahren □□□ | 28.00 | 50:28 | 1:48 | 2 | 4:56 | 9 | 4:56 | 28.50 | 1:00:26 | 2:07 | 2 | 6:17 | 8 | 6:17 |
| Lauf | 5.00 | 21:30 | 4:17 | 2 | 3:38 | 8 | 3:38 | 33.50 | 1:21:56 | 2:26 | 2 | 9:55 | 7 | 9:55 |