



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Ost, Thomas

□□□: 1:36:22

□□: SC Bodenfelde

□□: 645

□□: 33.50 km

□□□□□/□□□: 33 (of 67)

Carboo4u Triathlon Challenge

□□□□□/□: 31 (of 54)

□□□□□□: 1:12:01

□□□□:

□□□□□: 6(of 7)

AK 4 TM Jg. 35

□□□□□□□: 1:12:01

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 12:41 | 25:22 | 6 | 5:19 | 49 | 5:30 | 0.50 | 12:41 | 25:22 | 6 | 5:19 | 50 | 5:30 |
| Wechsel S -> R | - | 1:24 | - | 5 | 0:31 | 25 | 0:40 | 0.50 | 14:05 | 28:10 | 8 | 5:28 | 43 | 6:02 |
| Schwimmen □□□ | 0.50 | 14:05 | 28:10 | 8 | 5:28 | 43 | 6:02 | 0.50 | 14:05 | 28:10 | 8 | 5:28 | 43 | 6:02 |
| Rad netto | 28.00 | 54:48 | 1:57 | 5 | 9:47 | 21 | 9:47 | 28.50 | 1:08:53 | 2:25 | 8 | 15:15 | 55 | 15:15 |
| Wechsel R -> L | - | 0:47 | - | 5 | 0:16 | 19 | 0:17 | 28.50 | 1:09:40 | 2:26 | 8 | 15:31 | 55 | 15:31 |
| Radfahren □□□ | 28.00 | 55:35 | 1:59 | 5 | 10:03 | 22 | 10:03 | 28.50 | 1:09:40 | 2:26 | 8 | 15:31 | 55 | 15:31 |
| Lauf | 5.00 | 26:42 | 5:20 | 6 | 8:50 | 38 | 8:50 | 33.50 | 1:36:22 | 2:52 | 6 | 24:21 | 31 | 24:21 |