



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

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□□□□□: 6(of 7)

AK 4 TM Jg. 35

□□□□□□□: 1:12:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ 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	