



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Gutte, Julia

□□□: 1:55:29

□□: Carboo4U Team

□□: 617

□□: 33.50 km

□□□□□/□□□: 62 (of 67)

Carboo4u Triathlon Challenge

□□□□□/□: 10 (of 13)

□□□□□□: 1:28:42

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□□□□□: 3(of 3)

AK 4 TW Jg. 35

□□□□□□□: 1:39:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:21	22:41	1	-	5	1:10	0.50	11:21	22:41	1	-	5	1:10	
Wechsel S -> R	-	2:17	-	2	0:54	10	0:56	0.50	13:38	27:15	1	-	7	2:00	
Schwimmen □□□	0.50	13:38	27:15	1	-	7	2:00	0.50	13:38	27:15	1	-	7	2:00	
Rad netto	28.00	1:06:46	2:23	3	7:25	7	13:27	28.50	1:20:24	2:49	4	7:04	14	15:17	
Wechsel R -> L	-	1:19	-	2	0:28	9	0:43	28.50	1:21:43	2:52	4	7:32	14	15:28	
Radfahren □□□	28.00	1:08:05	2:25	3	7:53	7	13:38	28.50	1:21:43	2:52	4	7:32	14	15:28	
Lauf	5.00	33:46	6:45	3	8:34	12	11:19	33.50	1:55:29	3:26	3	16:06	10	26:47	