



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Rümenap, Kirsten

□□□: 1:39:23

□□: RSC Göttingen

□□: 656

□□: 33.50 km

□□□□□/□□□: 40 (of 67)

Carboo4u Triathlon Challenge

□□□□□/□: 4 (of 13)

□□□□□□: 1:28:42

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□□□□□: 1(of 3)

AK 4 TW Jg. 35

□□□□□□□: 1:39:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:36	25:11	3	1:15	10	2:25	0.50	12:36	25:11	4	1:15	14	2:25	
Wechsel S -> R	-	1:23	-	1	-	2	0:02	0.50	13:59	27:57	4	0:21	14	2:21	
Schwimmen □□□	0.50	13:59	27:57	4	0:21	14	2:21	0.50	13:59	27:57	4	0:21	14	2:21	
Rad netto	28.00	59:21	2:07	1	-	3	6:02	28.50	1:13:20	2:34	1	-	4	8:13	
Wechsel R -> L	-	0:51	-	1	-	3	0:15	28.50	1:14:11	2:36	1	-	4	7:56	
Radfahren □□□	28.00	1:00:12	2:08	1	-	3	5:45	28.50	1:14:11	2:36	1	-	4	7:56	
Lauf	5.00	25:12	5:02	1	-	2	2:45	33.50	1:39:23	2:58	1	-	4	10:41	