



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Schröder, Michael

□□□: 1:39:55

□□: Triathlon SC Bad Münde

□□: 661

□□: 33.50 km

□□□□□/□□□: 42 (of 67)

Carboo4u Triathlon Challenge

□□□□□/□: 38 (of 54)

□□□□□□: 1:12:01

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□□□□□: 3(of 6)

Senioren 4 TM Jg.55

□□□□□□□: 1:31:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:00	24:00	5	1:45	46	4:49	0.50	12:00	24:00	7	1:45	55	4:49
Wechsel S -> R	-	2:07	-	5	0:39	45	1:23	0.50	14:07	28:14	7	2:22	55	6:04
Schwimmen □□□	0.50	14:07	28:14	7	2:22	55	6:04	0.50	14:07	28:14	7	2:22	55	6:04
Rad netto	28.00	1:00:09	2:08	3	5:13	40	15:08	28.50	1:14:16	2:36	4	5:38	55	20:38
Wechsel R -> L	-	2:03	-	6	1:33	53	1:33	28.50	1:16:19	2:40	5	7:11	55	22:10
Radfahren □□□	28.00	1:02:12	2:13	4	6:46	44	16:40	28.50	1:16:19	2:40	5	7:11	55	22:10
Lauf	5.00	23:36	4:43	2	1:41	18	5:44	33.50	1:39:55	2:58	3	8:52	38	27:54