



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Schröder, Michael

□□□: 1:39:55

□□: Triathlon SC Bad Münder

□□: 661

□□: 33.50 km

Carboo4u Triathlon Challenge

□□□□□/□□□: 42 (of 67)

□□□□□/□: 38 (of 54)

□□□□□□: 1:12:01

□□□□:

Senioren 4 TM Jg.55

□□□□□: 3(of 6)

□□□□□□□: 1:31:03

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□□□

| □□□ | □□ 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 |