



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Pape-Ullmer, Matthias

□□□: 1:43:31

□□: Beste Freunde

□□: 646

□□: 33.50 km

□□□□□/□□□: 47 (of 67)

Carboo4u Triathlon Challenge

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□□□□□□: 1:12:01

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□□□□□: 8(of 12)

Senioren 3 TM Jg.50

□□□□□□□: 1:31:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:27	22:53	8	2:16	40	4:16	0.50	11:27	22:53	13	2:16	55	4:16
Wechsel S -> R	-	1:54	-	9	0:53	40	1:10	0.50	13:21	26:41	13	3:09	55	5:18
Schwimmen □□□	0.50	13:21	26:41	13	3:09	55	5:18	0.50	13:21	26:41	13	3:09	55	5:18
Rad netto	28.00	1:00:24	2:09	6	5:36	42	15:23	28.50	1:13:45	2:35	13	7:29	55	20:07
Wechsel R -> L	-	1:11	-	10	0:30	42	0:41	28.50	1:14:56	2:37	13	7:41	55	20:47
Radfahren □□□	28.00	1:01:35	2:11	7	5:51	41	16:03	28.50	1:14:56	2:37	13	7:41	55	20:47
Lauf	5.00	28:35	5:43	7	4:53	45	10:43	33.50	1:43:31	3:05	8	11:35	43	31:30