



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

□□□□

Muschinsky, Dr. Niklas

□□□: 1:23:02

□□: Bielefeld

□□: 640

□□: 33.50 km

Carboo4u Triathlon Challenge

□□□□□/□□□: 10 (of 67)

□□□□□/□: 10 (of 54)

□□□□□□: 1:12:01

□□□□:

AK 3 TM Jg. 30

□□□□□: 4(of 8)

□□□□□□□: 1:17:20

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:24	18:48	4	2:13	15	2:13	0.50	9:24	18:48	4	2:13	15	2:13
Wechsel S -> R	-	1:20	-	6	0:36	22	0:36	0.50	10:44	21:27	4	2:41	17	2:41
Schwimmen □□□	0.50	10:44	21:27	4	2:41	17	2:41	0.50	10:44	21:27	4	2:41	17	2:41
Rad netto	28.00	49:35	1:46	4	2:33	8	4:34	28.50	1:00:19	2:06	4	4:57	9	6:41
Wechsel R -> L	-	0:40	-	4	0:06	8	0:10	28.50	1:00:59	2:08	4	4:56	9	6:50
Radfahren □□□	28.00	50:15	1:47	4	2:32	8	4:43	28.50	1:00:59	2:08	4	4:56	9	6:50
Lauf	5.00	22:03	4:24	4	2:26	10	4:11	33.50	1:23:02	2:28	4	5:42	10	11:01