



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

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Bettendorf, Pascal

□□□: 1:42:34

□□: Benotti / ax-lightness

□□: 677

□□: 33.50 km

Carboo4u Triathlon Jugend A

□□□□□/□□□: 2 (of 3)

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□□□□□□: 1:30:23

□□□□:

Jugend A TM 16/17

□□□□□: 2(of 3)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:52	23:44	2	3:38	2	3:38	0.50	11:52	23:44	2	3:38	2	3:38
Wechsel S -> R	-	2:06	-	2	0:50	2	0:50	0.50	13:58	27:56	2	4:28	2	4:28
Schwimmen □□□	0.50	13:58	27:56	2	4:28	2	4:28	0.50	13:58	27:56	2	4:28	2	4:28
Rad netto	28.00	54:52	1:57	1	-	1	-	28.50	1:08:50	2:24	2	2:40	2	2:40
Wechsel R -> L	-	1:03	-	2	0:23	2	0:23	28.50	1:09:53	2:27	2	3:03	2	3:03
Radfahren □□□	28.00	55:55	1:59	1	-	1	-	28.50	1:09:53	2:27	2	3:03	2	3:03
Lauf	5.00	32:41	6:32	2	9:08	2	9:08	33.50	1:42:34	3:03	2	12:11	2	12:11