



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Bettendorf, Thomas

□□□: 2:05:33

□□: Benotti / ax-lightness

□□: 603

□□: 33.50 km

□□□□□/□□□: 67 (of 67)

Carboo4u Triathlon Challenge

□□□□□/□: 54 (of 54)

□□□□□□: 1:12:01

□□□□:

□□□□□: 12(of 12)

Senioren 3 TM Jg.50

□□□□□□□: 1:31:56

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 11:55 | 23:49 | 9 | 2:44 | 45 | 4:44 | 0.50 | 11:55 | 23:49 | 9 | 2:44 | 45 | 4:44 |
| Wechsel S -> R | - | 3:05 | - | 12 | 2:04 | 53 | 2:21 | 0.50 | 15:00 | 30:00 | 10 | 4:48 | 50 | 6:57 |
| Schwimmen □□□ | 0.50 | 15:00 | 30:00 | 10 | 4:48 | 50 | 6:57 | 0.50 | 15:00 | 30:00 | 10 | 4:48 | 50 | 6:57 |
| Rad netto | 28.00 | 1:13:49 | 2:38 | 12 | 19:01 | 54 | 28:48 | 28.50 | 1:28:49 | 3:06 | 12 | 22:33 | 54 | 35:11 |
| Wechsel R -> L | - | 1:36 | - | 12 | 0:55 | 50 | 1:06 | 28.50 | 1:30:25 | 3:10 | 12 | 23:10 | 54 | 36:16 |
| Radfahren □□□ | 28.00 | 1:15:25 | 2:41 | 12 | 19:41 | 54 | 29:53 | 28.50 | 1:30:25 | 3:10 | 12 | 23:10 | 54 | 36:16 |
| Lauf | 5.00 | 35:08 | 7:01 | 12 | 11:26 | 53 | 17:16 | 33.50 | 2:05:33 | 3:44 | 12 | 33:37 | 54 | 53:32 |