



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Herrenpower

□□□: 1:27:48

□□: Herrenpower

□□: 685

□□: 33.50 km

Carboo4u Triathlon Challenge Staffel

□□□□□/□□□: 3 (of 8)

□□□□□/□: 2 (of 4)

□□□□□□: 1:23:04

□□□□:

Männerstaffel

□□□□□: 2(of 4)

□□□□□□□: 1:23:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:01	16:02	1	-	1	-	0.50	8:01	16:02	1	-	1	-
Wechsel S -> R	-	0:29	-	1	-	1	-	0.50	8:30	17:00	1	-	1	-
Schwimmen □□□	0.50	8:30	17:00	1	-	1	-	0.50	8:30	17:00	1	-	1	-
Rad netto	28.00	54:37	1:57	2	2:41	2	2:41	28.50	1:03:07	2:12	2	0:33	2	0:33
Wechsel R -> L	-	0:32	-	3	0:03	3	0:03	28.50	1:03:39	2:14	2	0:36	2	0:36
Radfahren □□□	28.00	55:09	1:58	2	2:44	2	2:44	28.50	1:03:39	2:14	2	0:36	2	0:36
Lauf	5.00	24:09	4:49	2	4:08	2	4:08	33.50	1:27:48	2:37	2	4:44	2	4:44