



# Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Weingarten, Rouven

□□□: 1:35:15

□□: Bad Karlshafen

□□: 688

□□: 33.50 km

□□□□□/□□□: 28 (of 67)

Carboo4u Triathlon Challenge

□□□□□/□: 27 (of 54)

□□□□□□: 1:12:01

□□□□:

□□□□□: 2(of 6)

Senioren 1 TM Jg.40

□□□□□□□: 1:14:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:02	22:03	4	2:57	32	3:51	0.50	11:02	22:03	7	2:57	32	3:51	
Wechsel S -> R	-	2:35	-	6	1:35	51	1:51	0.50	13:37	27:14	7	4:24	55	5:34	
Schwimmen □□□	0.50	13:37	27:14	7	4:24	55	5:34	0.50	13:37	27:14	7	4:24	55	5:34	
Rad netto	28.00	53:44	1:55	2	7:37	16	8:43	28.50	1:07:21	2:21	7	12:01	55	13:43	
Wechsel R -> L	-	1:23	-	5	0:49	46	0:53	28.50	1:08:44	2:24	7	12:50	55	14:35	
Radfahren □□□	28.00	55:07	1:58	2	8:26	19	9:35	28.50	1:08:44	2:24	7	12:50	55	14:35	
Lauf	5.00	26:31	5:18	3	8:03	36	8:39	33.50	1:35:15	2:50	2	20:53	27	23:14	