



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Siebert, Kirsten

□□□: 1:58:52

□□: Triathlon SC Bad Münde

□□: 665

□□: 33.50 km

□□□□□/□□□: 63 (of 67)

Carboo4u Triathlon Challenge

□□□□□/□: 11 (of 13)

□□□□□□: 1:28:42

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□□□□□: 1(of 1)

Seniorinnen 4 TW Jg. 55

□□□□□□□: 1:58:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:11	22:22	1	-	4	1:00	0.50	11:11	22:22	1	-	14	1:00	
Wechsel S -> R	-	2:43	-	1	-	13	1:22	0.50	13:54	27:48	1	-	14	2:16	
Schwimmen □□□	0.50	13:54	27:48	1	-	14	2:16	0.50	13:54	27:48	1	-	14	2:16	
Rad netto	28.00	1:12:51	2:36	1	-	13	19:32	28.50	1:26:45	3:02	1	-	12	21:38	
Wechsel R -> L	-	1:54	-	1	-	13	1:18	28.50	1:28:39	3:06	1	-	12	22:24	
Radfahren □□□	28.00	1:14:45	2:40	1	-	13	20:18	28.50	1:28:39	3:06	1	-	12	22:24	
Lauf	5.00	30:13	6:02	1	-	10	7:46	33.50	1:58:52	3:32	1	-	11	30:10	