



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Team Eisenvogel Uslar

□□□: 1:53:35

□□: Team Eisenvogel Uslar

□□: 687

□□: 33.50 km

□□□□□/□□□: 8 (of 8)

Carboo4u Triathlon Challenge Staffel

□□□□□/□□□: 4 (of 4)

□□□□□□: 1:22:12

□□□□:

□□□□□: 3(of 3)

Mixedstaffel

□□□□□□□: 1:31:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□	□□ □□
Schwimmen nett	0.50	8:33	17:06	1	-	1	-	0.50	8:33	17:06	1	-	1	-	
Wechsel S -> R	-	0:36	-	3	0:04	3	0:04	0.50	9:09	18:18	1	-	1	-	
Schwimmen □□□	0.50	9:09	18:18	1	-	1	-	0.50	9:09	18:18	1	-	1	-	
Rad netto	28.00	1:14:00	2:38	3	17:02	4	24:22	28.50	1:23:09	2:55	3	16:43	5	21:04	
Wechsel R -> L	-	2:57	-	3	2:31	4	2:31	28.50	1:26:06	3:01	3	19:12	5	23:30	
Radfahren □□□	28.00	1:16:57	2:44	3	19:31	4	26:48	28.50	1:26:06	3:01	3	19:12	5	23:30	
Lauf	5.00	27:29	5:29	3	3:11	4	7:53	33.50	1:53:35	3:23	3	22:23	4	31:23	