



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

## Detailed evaluation

Lindemeier, Volker

Total time: 1:22:51

Club: -

Number: 18

Course: 34.85 km

Rank in course/Total: 5 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 5 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 3(of 12)

AK4 männlich (35-39 Jahre)

Best time in the category: 1:19:40

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.75	13:47	18:22	5	1:59	17	3:46	0.75	13:47	18:22	13	1:59	56	3:46
Wechsel S -> R	0.05	1:37	32:19	7	0:37	22	0:46	0.80	15:24	19:15	13	2:25	56	4:06
Schwimmen Total	0.80	15:24	19:15	13	2:25	56	4:06	0.80	15:24	19:15	13	2:25	56	4:06
Rad netto	29.00	50:29	1:44	4	3:48	11	3:48	29.80	1:05:53	2:12	13	6:05	56	6:05
Wechsel R -> L	0.05	0:40	13:19	3	0:07	9	0:07	29.85	1:06:33	2:13	13	6:00	56	6:00
Rad Total	29.05	51:09	1:45	4	3:53	11	3:53	29.85	1:06:33	2:13	13	6:00	56	6:00
Lauf	5.00	16:18	3:15	1	-	1	-	34.85	1:22:51	2:22	3	3:11	5	3:11