



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Bovenkerk, Simon

Total time: 1:31:54

Club: Hamminkeler SV

Number: 13

Course: 34.85 km

Rank in course/Total: 20 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 19 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 1(of 2)

AK1 männlich (20-24 Jahre)

Best time in the category: 1:31:54

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	15:40	20:53	1	-	33	5:39	0.75	15:40	20:53	1	-	56	5:39	
Wechsel S -> R	0.05	1:28	29:19	1	-	17	0:37	0.80	17:08	21:24	1	-	56	5:50	
Schwimmen Total	0.80	17:08	21:24	1	-	56	5:50	0.80	17:08	21:24	1	-	56	5:50	
Rad netto	29.00	52:54	1:49	1	-	22	6:13	29.80	1:10:02	2:21	1	-	56	10:14	
Wechsel R -> L	0.05	0:43	14:19	1	-	13	0:10	29.85	1:10:45	2:22	1	-	56	10:12	
Rad Total	29.05	53:37	1:50	1	-	21	6:21	29.85	1:10:45	2:22	1	-	56	10:12	
Lauf	5.00	21:09	4:13	1	-	12	4:51	34.85	1:31:54	2:38	1	-	19	12:14	