



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Ueckert, Sebastian

Total time: 1:38:56

Club: TG Lauenförde

Number: 12

Course: 34.85 km

Rank in course/Total: 31 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 29 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 7(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			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	15:44	20:58	7	3:56	34	5:43	0.75	15:44	20:58	13	3:56	56	5:43
Wechsel S -> R	0.05	2:03	40:59	9	1:03	32	1:12	0.80	17:47	22:13	13	4:48	56	6:29
Schwimmen Total	0.80	17:47	22:13	13	4:48	56	6:29	0.80	17:47	22:13	13	4:48	56	6:29
Rad netto	29.00	54:46	1:53	6	8:05	27	8:05	29.80	1:12:33	2:26	13	12:45	56	12:45
Wechsel R -> L	0.05	0:56	18:39	7	0:23	25	0:23	29.85	1:13:29	2:27	13	12:56	56	12:56
Rad Total	29.05	55:42	1:55	6	8:26	27	8:26	29.85	1:13:29	2:27	13	12:56	56	12:56
Lauf	5.00	25:27	5:05	9	9:09	39	9:09	34.85	1:38:56	2:50	7	19:16	29	19:16