



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

## Detailed evaluation

Sieberhagen, Ingo

Total time: 1:50:32

Club: SV Adler Weidenhausen

Number: 0

Course: 34.85 km

Rank in course/Total: 54 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 49 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 5(of 6)

Senioren 1 (40-44 Jahre)

Best time in the category: 1:22:57

### 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	19:57	26:35	6	8:11	54	9:56	0.75	19:57	26:35	7	8:11	56	9:56
Wechsel S -> R	0.05	2:30	50:00	5	1:30	43	1:39	0.80	22:27	28:03	7	9:25	56	11:09
Schwimmen Total	0.80	22:27	28:03	7	9:25	56	11:09	0.80	22:27	28:03	7	9:25	56	11:09
Rad netto	29.00	59:40	2:03	5	12:06	41	12:59	29.80	1:22:07	2:45	7	19:45	56	22:19
Wechsel R -> L	0.05	1:03	21:00	4	0:22	36	0:30	29.85	1:23:10	2:47	7	20:07	56	22:37
Rad Total	29.05	1:00:43	2:05	5	12:16	39	13:27	29.85	1:23:10	2:47	7	20:07	56	22:37
Lauf	5.00	27:22	5:28	6	8:15	49	11:04	34.85	1:50:32	3:10	5	27:35	49	30:52