



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Ludwig, Holger

Total time: 1:21:16

Club: ASC Göttingen

Number: 0

Course: 34.85 km

Rank in course/Total: 4 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 4 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 1(of 18)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:21:16

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	10:01	13:21	1	-	1	-	0.75	10:01	13:21	1	-	1	-
Wechsel S -> R	0.05	1:17	25:40	3	0:19	11	0:26	0.80	11:18	14:07	1	-	1	-
Schwimmen Total	0.80	11:18	14:07	1	-	1	-	0.80	11:18	14:07	1	-	1	-
Rad netto	29.00	49:08	1:41	2	0:04	7	2:27	29.80	1:00:26	2:01	1	-	4	0:38
Wechsel R -> L	0.05	0:54	18:00	6	0:12	24	0:21	29.85	1:01:20	2:03	1	-	4	0:47
Rad Total	29.05	50:02	1:43	1	-	6	2:46	29.85	1:01:20	2:03	1	-	4	0:47
Lauf	5.00	19:56	3:59	1	-	8	3:38	34.85	1:21:16	2:19	1	-	4	1:36