



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Smorag, Lukasz

Total time: 1:34:59

Club: Jedes Training zählt

Number: 0

Course: 34.85 km

Rank in course/Total: 27 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 26 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 6(of 7)

AK3 männlich (30-34 Jahre)

Best time in the category: 1:19:41

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	18:06	24:08	7	5:54	48	8:05	0.75	18:06	24:08	7	5:54	48	8:05
Wechsel S -> R	0.05	1:05	21:39	3	0:14	7	0:14	0.80	19:11	23:58	6	6:08	40	7:53
Schwimmen Total	0.80	19:11	23:58	6	6:08	40	7:53	0.80	19:11	23:58	6	6:08	40	7:53
Rad netto	29.00	52:51	1:49	4	5:46	20	6:10	29.80	1:12:02	2:25	6	11:54	28	12:14
Wechsel R -> L	0.05	0:39	13:00	4	0:06	8	0:06	29.85	1:12:41	2:26	6	12:00	28	12:08
Rad Total	29.05	53:30	1:50	4	5:52	19	6:14	29.85	1:12:41	2:26	6	12:00	28	12:08
Lauf	5.00	22:18	4:27	4	3:18	20	6:00	34.85	1:34:59	2:43	6	15:18	26	15:19