



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

## Detailed evaluation

**Jonscher, Guido**

**Total time: 1:33:07**

Club: ASV Velo-Venezia Dransfeld e.V.

Number: 0

Course: 34.85 km

Rank in course/Total: 23 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 22 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 5(of 12)

AK4 männlich (35-39 Jahre)

Best time in the category: 1:19:40

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                |            |               |             |               |                 |             |                |            |               |
| Schwimmen nett  | 0.75        | 17:06         | 22:48           | 10          | 5:18           | 42         | 7:05          | 0.75        | 17:06         | 22:48           | 10          | 5:18           | 42         | 7:05          |
| Wechsel S -> R  | 0.05        | 1:21          | 27:00           | 5           | 0:21           | 13         | 0:30          | 0.80        | 18:27         | 23:03           | 8           | 5:28           | 34         | 7:09          |
| Schwimmen Total | 0.80        | 18:27         | 23:03           | 8           | 5:28           | 34         | 7:09          | 0.80        | 18:27         | 23:03           | 8           | 5:28           | 34         | 7:09          |
| Rad netto       | 29.00       | 50:58         | 1:45            | 5           | 4:17           | 13         | 4:17          | 29.80       | 1:09:25       | 2:19            | 5           | 9:37           | 20         | 9:37          |
| Wechsel R -> L  | 0.05        | 0:49          | 16:19           | 5           | 0:16           | 20         | 0:16          | 29.85       | 1:10:14       | 2:21            | 5           | 9:41           | 21         | 9:41          |
| Rad Total       | 29.05       | 51:47         | 1:46            | 5           | 4:31           | 13         | 4:31          | 29.85       | 1:10:14       | 2:21            | 5           | 9:41           | 21         | 9:41          |
| Lauf            | 5.00        | 22:53         | 4:34            | 6           | 6:35           | 21         | 6:35          | 34.85       | 1:33:07       | 2:40            | 5           | 13:27          | 22         | 13:27         |