



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Fastenrath, Lauritz

Total time: 1:41:48

Club: Eintracht Frankfurt

Number: 0

Course: 34.85 km

Rank in course/Total: 39 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 36 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 2(of 2)

AK1 männlich (20-24 Jahre)

Best time in the category: 1:31:54

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	15:56	21:14	2	0:16	35	5:55	0.75	15:56	21:14	3	0:16	35	5:55
Wechsel S -> R	0.05	3:41	73:39	2	2:13	52	2:50	0.80	19:37	24:31	3	2:29	42	8:19
Schwimmen Total	0.80	19:37	24:31	3	2:29	42	8:19	0.80	19:37	24:31	3	2:29	42	8:19
Rad netto	29.00	55:58	1:55	2	3:04	30	9:17	29.80	1:15:35	2:32	3	5:33	35	15:47
Wechsel R -> L	0.05	1:54	37:59	2	1:11	53	1:21	29.85	1:17:29	2:35	3	6:44	36	16:56
Rad Total	29.05	57:52	1:59	2	4:15	32	10:36	29.85	1:17:29	2:35	3	6:44	36	16:56
Lauf	5.00	24:19	4:51	2	3:10	33	8:01	34.85	1:41:48	2:55	2	9:54	36	22:08