



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Mannig, Kai

Total time: 1:41:09

Club: Garlic on Fire

Number: 0

Course: 34.85 km

Rank in course/Total: 37 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 34 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 2(of 3)

AK2 männlich (25-29 Jahre)

Best time in the category: 1:31:31

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	14:06	18:48	2	1:42	21	4:05	0.75	14:06	18:48	4	1:42	21	4:05
Wechsel S -> R	0.05	2:45	55:00	3	1:43	44	1:54	0.80	16:51	21:03	4	3:01	29	5:33
Schwimmen Total	0.80	16:51	21:03	4	3:01	29	5:33	0.80	16:51	21:03	4	3:01	29	5:33
Rad netto	29.00	56:47	1:57	2	4:25	32	10:06	29.80	1:13:38	2:28	4	7:26	32	13:50
Wechsel R -> L	0.05	0:58	19:19	3	0:20	29	0:25	29.85	1:14:36	2:29	4	7:41	32	14:03
Rad Total	29.05	57:45	1:59	2	4:40	31	10:29	29.85	1:14:36	2:29	4	7:41	32	14:03
Lauf	5.00	26:33	5:18	2	1:57	45	10:15	34.85	1:41:09	2:54	2	9:38	34	21:29