



# Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

## Detailed evaluation

Schwietering, Thomas

Total time: 1:42:31

Club: VfL Ahaus

Number: 0

Course: 34.85 km

Rank in course/Total: 40 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 37 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 11(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	15:23	20:30	10	5:22	31	5:22	0.75	15:23	20:30	10	5:22	31	5:22
Wechsel S -> R	0.05	3:10	63:19	15	2:12	48	2:19	0.80	18:33	23:11	11	7:15	36	7:15
Schwimmen Total	0.80	18:33	23:11	11	7:15	36	7:15	0.80	18:33	23:11	11	7:15	36	7:15
Rad netto	29.00	59:23	2:02	11	10:19	38	12:42	29.80	1:17:56	2:36	11	17:30	39	18:08
Wechsel R -> L	0.05	0:43	14:19	2	0:01	13	0:10	29.85	1:18:39	2:38	11	17:19	39	18:06
Rad Total	29.05	1:00:06	2:04	10	10:04	37	12:50	29.85	1:18:39	2:38	11	17:19	39	18:06
Lauf	5.00	23:52	4:46	11	3:56	29	7:34	34.85	1:42:31	2:56	11	21:15	37	22:51