



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Rümenap, Kirsten

Total time: 1:43:13

Club: Jedes Training zählt

Number: 0

Course: 34.85 km

Rank in course/Total: 42 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Women: 5 (of 9)

Best time in course: 1:30:44

Category:

Rank in category: 1(of 1)

AK4 weiblich (35-39 Jahre)

Best time in the category: 1:43:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.75	17:19	23:05	1	-	6	2:50	0.75	17:19	23:05	1	-	6	2:50
Wechsel S -> R	0.05	1:16	25:19	1	-	2	0:25	0.80	18:35	23:13	1	-	5	3:12
Schwimmen Total	0.80	18:35	23:13	1	-	5	3:12	0.80	18:35	23:13	1	-	5	3:12
Rad netto	29.00	59:38	2:03	1	-	3	7:02	29.80	1:18:13	2:37	1	-	4	10:14
Wechsel R -> L	0.05	0:50	16:40	1	-	2	0:13	29.85	1:19:03	2:38	1	-	4	10:27
Rad Total	29.05	1:00:28	2:04	1	-	3	7:15	29.85	1:19:03	2:38	1	-	4	10:27
Lauf	5.00	24:10	4:50	1	-	5	2:44	34.85	1:43:13	2:57	1	-	5	12:29