



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Rückebeil, Martin

Total time: 1:47:38

Club: Team Sycor

Number: 0

Course: 34.85 km

Rank in course/Total: 48 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 43 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 10(of 12)

AK4 männlich (35-39 Jahre)

Best time in the category: 1:19:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.75	16:57	22:35	8	5:09	37	6:56	0.75	16:57	22:35	8	5:09	38	6:56
Wechsel S -> R	0.05	1:56	38:39	8	0:56	27	1:05	0.80	18:53	23:36	9	5:54	38	7:35
Schwimmen Total	0.80	18:53	23:36	9	5:54	38	7:35	0.80	18:53	23:36	9	5:54	38	7:35
Rad netto	29.00	1:00:03	2:04	11	13:22	43	13:22	29.80	1:18:56	2:38	10	19:08	41	19:08
Wechsel R -> L	0.05	1:09	22:59	9	0:36	43	0:36	29.85	1:20:05	2:40	10	19:32	41	19:32
Rad Total	29.05	1:01:12	2:06	11	13:56	41	13:56	29.85	1:20:05	2:40	10	19:32	41	19:32
Lauf	5.00	27:33	5:30	11	11:15	52	11:15	34.85	1:47:38	3:05	10	27:58	43	27:58