



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Frenz, Alexander

Total time: 1:52:07

Club: Lüneburg

Number: 0

Course: 34.85 km

Rank in course/Total: 60 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 52 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 7(of 7)

AK3 männlich (30-34 Jahre)

Best time in the category: 1:19:41

Intermediate times

Stage score

Total ranking

| Control | Split | | | | Pos | | | | Total | | | | | |
|-----------------|-------|---------|--------|------|--------|-----|-------|-------|---------|--------|------|--------|-----|-------|
| | km | Time | min/km | Cat. | Behind | Men | Men | km | Time | min/km | Cat. | Behind | Men | Men |
| Schwimmen nett | 0.75 | 17:38 | 23:30 | 6 | 5:26 | 46 | 7:37 | 0.75 | 17:38 | 23:30 | 6 | 5:26 | 46 | 7:37 |
| Wechsel S -> R | 0.05 | 3:39 | 73:00 | 7 | 2:48 | 51 | 2:48 | 0.80 | 21:17 | 26:36 | 7 | 8:14 | 47 | 9:59 |
| Schwimmen Total | 0.80 | 21:17 | 26:36 | 7 | 8:14 | 47 | 9:59 | 0.80 | 21:17 | 26:36 | 7 | 8:14 | 47 | 9:59 |
| Rad netto | 29.00 | 1:01:23 | 2:07 | 7 | 14:18 | 47 | 14:42 | 29.80 | 1:22:40 | 2:46 | 7 | 22:32 | 49 | 22:52 |
| Wechsel R -> L | 0.05 | 1:54 | 37:59 | 7 | 1:21 | 53 | 1:21 | 29.85 | 1:24:34 | 2:49 | 7 | 23:53 | 50 | 24:01 |
| Rad Total | 29.05 | 1:03:17 | 2:10 | 7 | 15:39 | 48 | 16:01 | 29.85 | 1:24:34 | 2:49 | 7 | 23:53 | 50 | 24:01 |
| Lauf | 5.00 | 27:33 | 5:30 | 7 | 8:33 | 52 | 11:15 | 34.85 | 1:52:07 | 3:13 | 7 | 32:26 | 52 | 32:27 |