



# 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	Intermediate times				Stage score				Total ranking					
	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	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