



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Nolte, Lars

Total time: 2:19:00

Club: HSG Schoningen/Uslar/Wiensen

Number: 22

Course: 34.85 km

Rank in course/Total: 63 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 55 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 18(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	26:26	35:14	18	16:25	55	16:25	0.75	26:26	35:14	19	16:25	56	16:25
Wechsel S -> R	0.05	3:28	69:19	16	2:30	50	2:37	0.80	29:54	37:22	19	18:36	56	18:36
Schwimmen Total	0.80	29:54	37:22	19	18:36	56	18:36	0.80	29:54	37:22	19	18:36	56	18:36
Rad netto	29.00	1:14:22	2:33	18	25:18	55	27:41	29.80	1:44:16	3:29	19	43:50	56	44:28
Wechsel R -> L	0.05	0:57	18:59	8	0:15	27	0:24	29.85	1:45:13	3:31	19	43:53	56	44:40
Rad Total	29.05	1:15:19	2:35	18	25:17	55	28:03	29.85	1:45:13	3:31	19	43:53	56	44:40
Lauf	5.00	33:47	6:45	18	13:51	55	17:29	34.85	2:19:00	3:59	18	57:44	55	59:20