



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Lindert, Jörg

Total time: 1:22:57

Club: MTV Förste Harz

Number: 0

Course: 34.85 km

Rank in course/Total: 6 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 6 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 1(of 6)

Senioren 1 (40-44 Jahre)

Best time in the category: 1:22:57

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	11:46	15:41	1	-	3	1:45	0.75	11:46	15:41	1	-	56	1:45	
Wechsel S -> R	0.05	1:36	32:00	2	0:36	21	0:45	0.80	13:22	16:42	7	0:20	56	2:04	
Schwimmen Total	0.80	13:22	16:42	7	0:20	56	2:04	0.80	13:22	16:42	7	0:20	56	2:04	
Rad netto	29.00	49:00	1:41	2	1:26	5	2:19	29.80	1:02:22	2:05	1	-	56	2:34	
Wechsel R -> L	0.05	0:41	13:39	1	-	10	0:08	29.85	1:03:03	2:06	1	-	56	2:30	
Rad Total	29.05	49:41	1:42	2	1:14	5	2:25	29.85	1:03:03	2:06	1	-	56	2:30	
Lauf	5.00	19:54	3:58	2	0:47	7	3:36	34.85	1:22:57	2:22	1	-	6	3:17	