



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Sasse, Michael

Total time: 1:56:02

Club: Beste Lauffreunde

Number: 0

Course: 34.85 km

Rank in course/Total: 62 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 54 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 17(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	19:53	26:30	17	9:52	53	9:52	0.75	19:53	26:30	17	9:52	53	9:52
Wechsel S -> R	0.05	2:16	45:19	13	1:18	39	1:25	0.80	22:09	27:41	16	10:51	51	10:51
Schwimmen Total	0.80	22:09	27:41	16	10:51	51	10:51	0.80	22:09	27:41	16	10:51	51	10:51
Rad netto	29.00	1:05:24	2:15	17	16:20	54	18:43	29.80	1:27:33	2:56	17	27:07	53	27:45
Wechsel R -> L	0.05	1:07	22:19	14	0:25	40	0:34	29.85	1:28:40	2:58	17	27:20	53	28:07
Rad Total	29.05	1:06:31	2:17	17	16:29	54	19:15	29.85	1:28:40	2:58	17	27:20	53	28:07
Lauf	5.00	27:22	5:28	16	7:26	49	11:04	34.85	1:56:02	3:19	17	34:46	54	36:22