



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Gante, Phyllis

Total time: 2:42:05

Club: SC Weser

Number: 1

Course: 34.85 km

Rank in course/Total: 64 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Women: 9 (of 9)

Best time in course: 1:30:44

Category:

Rank in category: 1(of 1)

Seniorinnen 3 (50-54 Jahre)

Best time in the category: 2:42:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.75	28:18	37:44	1	-	9	13:49	0.75	28:18	37:44	1	-	10	13:49
Wechsel S -> R	0.05	5:53	117:40	1	-	9	5:02	0.80	34:11	42:43	1	-	10	18:48
Schwimmen Total	0.80	34:11	42:43	1	-	10	18:48	0.80	34:11	42:43	1	-	10	18:48
Rad netto	29.00	1:26:54	2:59	1	-	9	34:18	29.80	2:01:05	4:03	1	-	10	53:06
Wechsel R -> L	0.05	1:00	20:00	1	-	5	0:23	29.85	2:02:05	4:05	1	-	10	53:29
Rad Total	29.05	1:27:54	3:01	1	-	9	34:41	29.85	2:02:05	4:05	1	-	10	53:29
Lauf	5.00	40:00	8:00	1	-	9	18:34	34.85	2:42:05	4:39	1	-	9	1:11:21