



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Gehroid, Martin

Total time: 1:40:55

Club: ASC Göttingen

Number: 0

Course: 34.85 km

Rank in course/Total: 36 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 33 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 9(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 | 15:29 | 20:38 | 11 | 5:28 | 32 | 5:28 | 0.75 | 15:29 | 20:38 | 19 | 5:28 | 56 | 5:28 |
| Wechsel S -> R | 0.05 | 2:18 | 45:59 | 14 | 1:20 | 40 | 1:27 | 0.80 | 17:47 | 22:13 | 19 | 6:29 | 56 | 6:29 |
| Schwimmen Total | 0.80 | 17:47 | 22:13 | 19 | 6:29 | 56 | 6:29 | 0.80 | 17:47 | 22:13 | 19 | 6:29 | 56 | 6:29 |
| Rad netto | 29.00 | 58:12 | 2:00 | 9 | 9:08 | 34 | 11:31 | 29.80 | 1:15:59 | 2:32 | 19 | 15:33 | 56 | 16:11 |
| Wechsel R -> L | 0.05 | 1:02 | 20:40 | 10 | 0:20 | 34 | 0:29 | 29.85 | 1:17:01 | 2:34 | 19 | 15:41 | 56 | 16:28 |
| Rad Total | 29.05 | 59:14 | 2:02 | 9 | 9:12 | 35 | 11:58 | 29.85 | 1:17:01 | 2:34 | 19 | 15:41 | 56 | 16:28 |
| Lauf | 5.00 | 23:54 | 4:46 | 12 | 3:58 | 30 | 7:36 | 34.85 | 1:40:55 | 2:53 | 9 | 19:39 | 33 | 21:15 |