



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Herre, Norbert

Total time: 1:50:02

Club: Caf'e PulkenNest

Number: 0

Course: 34.85 km

Rank in course/Total: 53 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 48 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 5(of 6)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:27:09

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	18:33	24:44	5	7:34	49	8:32	0.75	18:33	24:44	5	7:34	56	8:32
Wechsel S -> R	0.05	3:17	65:39	6	1:54	49	2:26	0.80	21:50	27:17	6	9:28	56	10:32
Schwimmen Total	0.80	21:50	27:17	6	9:28	56	10:32	0.80	21:50	27:17	6	9:28	56	10:32
Rad netto	29.00	59:53	2:03	5	10:08	42	13:12	29.80	1:21:43	2:44	5	19:36	56	21:55
Wechsel R -> L	0.05	1:38	32:39	6	0:51	52	1:05	29.85	1:23:21	2:47	5	20:27	56	22:48
Rad Total	29.05	1:01:31	2:07	5	10:59	43	14:15	29.85	1:23:21	2:47	5	20:27	56	22:48
Lauf	5.00	26:41	5:20	6	3:31	46	10:23	34.85	1:50:02	3:09	5	22:53	48	30:22