



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Ost, Thomas

Total time: 1:40:38

Club: SC Bodenfelde

Number: 111

Enduro U13

Rank in course/Total: 35 (of 64)

Rank in course/Men: 32 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 8(of 12)

AK4 männlich (35-39 Jahre)

Best time in the category: 1:19:40

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 | 16:57 | 22:35 | 8 | 5:09 | 37 | 6:56 | 0.75 | 16:57 | 22:35 | 8 | 5:09 | 38 | 6:56 |
| Wechsel S -> R | 0.05 | 2:22 | 47:19 | 11 | 1:22 | 41 | 1:31 | 0.80 | 19:19 | 24:08 | 13 | 6:20 | 56 | 8:01 |
| Schwimmen Total | 0.80 | 19:19 | 24:08 | 13 | 6:20 | 56 | 8:01 | 0.80 | 19:19 | 24:08 | 13 | 6:20 | 56 | 8:01 |
| Rad netto | 29.00 | 55:33 | 1:54 | 8 | 8:52 | 29 | 8:52 | 29.80 | 1:14:52 | 2:30 | 13 | 15:04 | 56 | 15:04 |
| Wechsel R -> L | 0.05 | 0:42 | 13:59 | 4 | 0:09 | 11 | 0:09 | 29.85 | 1:15:34 | 2:31 | 13 | 15:01 | 56 | 15:01 |
| Rad Total | 29.05 | 56:15 | 1:56 | 7 | 8:59 | 28 | 8:59 | 29.85 | 1:15:34 | 2:31 | 13 | 15:01 | 56 | 15:01 |
| Lauf | 5.00 | 25:04 | 5:00 | 8 | 8:46 | 37 | 8:46 | - | 1:40:38 | - | 8 | 20:58 | 32 | 20:58 |