



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Ost, Thomas

Total time: 1:40:38

Club: SC Bodenfelde

Number: 111

Course: 34.85 km

Rank in course/Total: 35 (of 64)

Carboo4u Triathlon Challenge

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	34.85	1:40:38	2:53	8	20:58	32	20:58