



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Op de Coul, Léon

Total time: 1:39:03

Club: Triathlon Vereniging Roermond

Number: 0

Course: 34.85 km

Rank in course/Total: 33 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Men: 31 (of 55)

Best time in course: 1:19:40

Category:

Rank in category: 4(of 6)

Senioren 3 (50-54 Jahre)

Best time in the category: 1:27:09

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.75	13:13	17:37	2	2:14	12	3:12	0.75	13:13	17:37	2	2:14	56	3:12
Wechsel S -> R	0.05	1:58	39:19	4	0:35	30	1:07	0.80	15:11	18:58	2	2:49	56	3:53
Schwimmen Total	0.80	15:11	18:58	2	2:49	56	3:53	0.80	15:11	18:58	2	2:49	56	3:53
Rad netto	29.00	57:10	1:58	4	7:25	33	10:29	29.80	1:12:21	2:25	3	10:14	56	12:33
Wechsel R -> L	0.05	1:11	23:39	5	0:24	45	0:38	29.85	1:13:32	2:27	3	10:38	56	12:59
Rad Total	29.05	58:21	2:00	4	7:49	33	11:05	29.85	1:13:32	2:27	3	10:38	56	12:59
Lauf	5.00	25:31	5:06	4	2:21	41	9:13	34.85	1:39:03	2:50	4	11:54	31	19:23