



Carboo4U Triathlon Challenge Bodenfelde 2015

Bodenfelde / 27.09.2015

Detailed evaluation

Lindert, Kathrin

Total time: 1:51:41

Club: MTV Förste Harz

Number: 0

Course: 34.85 km

Rank in course/Total: 57 (of 64)

Carboo4u Triathlon Challenge

Rank in course/Women: 7 (of 9)

Best time in course: 1:30:44

Category:

Rank in category: 2(of 2)

Seniorinnen 1 (40-44 Jahre)

Best time in the category: 1:51:00

Intermediate times

Stage score

Total ranking

Control	Split				Pos				Total						
	km	Time	min/km	Cat.	Behind	Cat.	Women	Behind	km	Time	min/km	Cat.	Behind	Pos	Behind
Schwimmen nett	0.75	19:56	26:34	2	2:44	8	5:27	0.75	19:56	26:34	3	2:44	10	5:27	
Wechsel S -> R	0.05	1:50	36:39	2	0:22	7	0:59	0.80	21:46	27:12	3	3:06	10	6:23	
Schwimmen Total	0.80	21:46	27:12	3	3:06	10	6:23	0.80	21:46	27:12	3	3:06	10	6:23	
Rad netto	29.00	1:03:40	2:11	2	2:52	7	11:04	29.80	1:25:26	2:52	3	5:58	10	17:27	
Wechsel R -> L	0.05	1:02	20:40	2	0:04	6	0:25	29.85	1:26:28	2:53	3	6:02	10	17:52	
Rad Total	29.05	1:04:42	2:13	2	2:56	7	11:29	29.85	1:26:28	2:53	3	6:02	10	17:52	
Lauf	5.00	25:13	5:02	1	-	6	3:47	34.85	1:51:41	3:12	2	0:41	7	20:57	