



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon Bodenfelde / 10.09.2016

Detailed evaluation

Goldberg, Thomas

Total time: 1:32:56

Club: SV Teutonia Groß Lafferde e.V.

Number: 613

Course: 33.50 km

Rank in course/Total: 24 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 23 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 2(of 12)

Senioren 3 TM Jg.50

Best time in the category: 1:31:56

Intermediate times

Stage score

Total ranking

Control	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	0.50	9:27	18:53	2	0:16	16	2:16	0.50	9:27	18:53	2	0:16	16	2:16
Wechsel S -> R	-	1:08	-	2	0:07	15	0:24	0.50	10:35	21:10	2	0:23	16	2:32
Schwimmen Total	0.50	10:35	21:10	2	0:23	16	2:32	0.50	10:35	21:10	2	0:23	16	2:32
Rad netto	28.00	55:41	1:59	2	0:53	26	10:40	28.50	1:06:16	2:19	1	-	19	12:38
Wechsel R -> L	-	0:59	-	5	0:18	26	0:29	28.50	1:07:15	2:21	1	-	19	13:06
Radfahren Total	28.00	56:40	2:01	2	0:56	25	11:08	28.50	1:07:15	2:21	1	-	19	13:06
Lauf	5.00	25:41	5:08	3	1:59	31	7:49	33.50	1:32:56	2:46	2	1:00	23	20:55