



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

Detailed evaluation

Hohlstamm, Stefan

Total time: 1:34:01

Club: Jedes Training zählt
Number: 622

Course: 33.50 km
Carboo4u Triathlon Challenge

Rank in course/Total: 27 (of 67)

Rank in course/Men: 26 (of 54)

Best time in course: 1:12:01

Category:
AK 3 TM Jg. 30

Rank in category: 7(of 8)

Best time in the category: 1:17:20

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	10:18	20:36	5	3:07	24	3:07	0.50	10:18	20:36	5	3:07	24	3:07
Wechsel S -> R	-	1:01	-	5	0:17	11	0:17	0.50	11:19	22:37	5	3:16	20	3:16
Schwimmen Total	0.50	11:19	22:37	5	3:16	20	3:16	0.50	11:19	22:37	5	3:16	20	3:16
Rad netto	28.00	54:41	1:57	6	7:39	20	9:40	28.50	1:06:00	2:18	6	10:38	17	12:22
Wechsel R -> L	-	0:53	-	6	0:19	22	0:23	28.50	1:06:53	2:20	6	10:50	18	12:44
Radfahren Total	28.00	55:34	1:59	6	7:51	21	10:02	28.50	1:06:53	2:20	6	10:50	18	12:44
Lauf	5.00	27:08	5:25	8	7:31	40	9:16	33.50	1:34:01	2:48	7	16:41	26	22:00