



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon Bodenfelde / 10.09.2016

Detailed evaluation

Kramp, Uwe

Total time: 1:14:22

Club: TriTeam MAXMO MönchenGladbach

Number: 633

Course: 33.50 km

Rank in course/Total: 2 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 2 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 1(of 6)

Senioren 1 TM Jg.40

Best time in the category: 1:14:22

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	8:05	16:10	1	-	5	0:54	0.50	8:05	16:10	1	-	5	0:54
Wechsel S -> R	-	1:08	-	2	0:08	15	0:24	0.50	9:13	18:26	1	-	7	1:10
Schwimmen Total	0.50	9:13	18:26	1	-	7	1:10	0.50	9:13	18:26	1	-	7	1:10
Rad netto	28.00	46:07	1:38	1	-	2	1:06	28.50	55:20	1:56	1	-	2	1:42
Wechsel R -> L	-	0:34	-	1	-	3	0:04	28.50	55:54	1:57	1	-	2	1:45
Radfahren Total	28.00	46:41	1:40	1	-	2	1:09	28.50	55:54	1:57	1	-	2	1:45
Lauf	5.00	18:28	3:41	1	-	2	0:36	33.50	1:14:22	2:13	1	-	2	2:21