



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

Detailed evaluation

Jordan, Karsten

Total time: 1:40:44

Club: Hannover 96 Triathlon
Number: 624

Course: 33.50 km
Carboo4u Triathlon Challenge

Rank in course/Total: 44 (of 67)
Rank in course/Men: 40 (of 54)
Best time in course: 1:12:01

Category:
Senioren 2 TM Jg.45

Rank in category: 7(of 8)
Best time in the category: 1:20:48

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	12:20	24:40	8	4:21	47	5:09	0.50	12:20	24:40	9	4:21	47	5:09
Wechsel S -> R	-	1:45	-	4	1:00	35	1:01	0.50	14:05	28:10	9	5:21	43	6:02
Schwimmen Total	0.50	14:05	28:10	9	5:21	43	6:02	0.50	14:05	28:10	9	5:21	43	6:02
Rad netto	28.00	59:07	2:06	7	9:47	36	14:06	28.50	1:13:12	2:34	9	15:08	40	19:34
Wechsel R -> L	-	1:09	-	4	0:30	38	0:39	28.50	1:14:21	2:36	9	15:37	40	20:12
Radfahren Total	28.00	1:00:16	2:09	7	10:16	36	14:44	28.50	1:14:21	2:36	9	15:37	40	20:12
Lauf	5.00	26:23	5:16	7	4:20	33	8:31	33.50	1:40:44	3:00	7	19:56	40	28:43