



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon Bodenfelde / 10.09.2016

Detailed evaluation

Brackmann, Marco

Total time: 1:45:34

Club: Hot Sox Frankfurt

Number: 605

Course: 33.50 km

Rank in course/Total: 50 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 46 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 9(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	12:55	25:49	11	3:44	51	5:44	0.50	12:55	25:49	11	3:44	51	5:44
Wechsel S -> R	-	2:10	-	11	1:09	47	1:26	0.50	15:05	30:10	11	4:53	52	7:02
Schwimmen Total	0.50	15:05	30:10	11	4:53	52	7:02	0.50	15:05	30:10	11	4:53	52	7:02
Rad netto	28.00	1:00:25	2:09	7	5:37	43	15:24	28.50	1:15:30	2:38	9	9:14	46	21:52
Wechsel R -> L	-	1:06	-	7	0:25	34	0:36	28.50	1:16:36	2:41	9	9:21	46	22:27
Radfahren Total	28.00	1:01:31	2:11	6	5:47	40	15:59	28.50	1:16:36	2:41	9	9:21	46	22:27
Lauf	5.00	28:58	5:47	9	5:16	48	11:06	33.50	1:45:34	3:09	9	13:38	46	33:33