



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

Detailed evaluation

Saul, Sebastian

Total time: 1:31:44

Club: LTV Obereichsfeld e.V

Number: 658

Course: 33.50 km

Rank in course/Total: 21 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 20 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 6(of 8)

AK 3 TM Jg. 30

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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	10:40	21:19	7	3:29	31	3:29	0.50	10:40	21:19	9	3:29	55	3:29
Wechsel S -> R	-	1:21	-	7	0:37	24	0:37	0.50	12:01	24:02	9	3:58	55	3:58
Schwimmen Total	0.50	12:01	24:02	9	3:58	55	3:58	0.50	12:01	24:02	9	3:58	55	3:58
Rad netto	28.00	55:46	1:59	7	8:44	27	10:45	28.50	1:07:47	2:22	9	12:25	55	14:09
Wechsel R -> L	-	0:59	-	7	0:25	26	0:29	28.50	1:08:46	2:24	9	12:43	55	14:37
Radfahren Total	28.00	56:45	2:01	7	9:02	26	11:13	28.50	1:08:46	2:24	9	12:43	55	14:37
Lauf	5.00	22:58	4:35	5	3:21	15	5:06	33.50	1:31:44	2:44	6	14:24	20	19:43