



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon  
Bodenfelde / 10.09.2016

Detailed evaluation

Henke, Gerd

Total time: 1:49:45

Club: Laufftreff Hofgeismar  
Number: 619

Course: 33.50 km  
Carboo4u Triathlon Challenge

Rank in course/Total: 55 (of 67)  
Rank in course/Men: 49 (of 54)  
Best time in course: 1:12:01

Category:  
Senioren 5 TM Jg.60

Rank in category: 1(of 1)  
Best time in the category: 1:49:45

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	10:14	20:27	1	-	21	3:03	0.50	10:14	20:27	1	-	21	3:03
Wechsel S -> R	-	1:46	-	1	-	37	1:02	0.50	12:00	24:00	1	-	26	3:57
Schwimmen Total	0.50	12:00	24:00	1	-	26	3:57	0.50	12:00	24:00	1	-	26	3:57
Rad netto	28.00	1:05:27	2:20	1	-	50	20:26	28.50	1:17:27	2:43	1	-	48	23:49
Wechsel R -> L	-	1:38	-	1	-	51	1:08	28.50	1:19:05	2:46	1	-	49	24:56
Radfahren Total	28.00	1:07:05	2:23	1	-	50	21:33	28.50	1:19:05	2:46	1	-	49	24:56
Lauf	5.00	30:40	6:08	1	-	49	12:48	33.50	1:49:45	3:16	1	-	49	37:44