



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

Detailed evaluation

Krug, Marcel

Total time: 1:17:20

Club: CJD Oberurff

Number: 634

Course: 33.50 km

Rank in course/Total: 3 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 3 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 1(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	7:24	14:48	2	0:13	3	0:13	0.50	7:24	14:48	2	0:13	3	0:13
Wechsel S -> R	-	0:56	-	4	0:12	8	0:12	0.50	8:20	16:40	2	0:17	2	0:17
Schwimmen Total	0.50	8:20	16:40	2	0:17	2	0:17	0.50	8:20	16:40	2	0:17	2	0:17
Rad netto	28.00	47:02	1:40	1	-	3	2:01	28.50	55:22	1:56	1	-	3	1:44
Wechsel R -> L	-	0:41	-	5	0:07	11	0:11	28.50	56:03	1:57	1	-	3	1:54
Radfahren Total	28.00	47:43	1:42	1	-	3	2:11	28.50	56:03	1:57	1	-	3	1:54
Lauf	5.00	21:17	4:15	3	1:40	7	3:25	33.50	1:17:20	2:18	1	-	3	5:19