



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon
Bodenfelde / 10.09.2016

Detailed evaluation

Schmidt, Holger

Total time: 1:32:32

Club: SC Bad Mnder Triathlon
Number: 660

Course: 33.50 km
Carboo4u Triathlon Challenge

Rank in course/Total: 23 (of 67)

Rank in course/Men: 22 (of 54)

Best time in course: 1:12:01

Category:
Senioren 2 TM Jg.45

Rank in category: 4(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	11:45	23:30	6	3:46	42	4:34	0.50	11:45	23:30	9	3:46	55	4:34
Wechsel S -> R	-	1:56	-	5	1:11	41	1:12	0.50	13:41	27:22	9	4:57	55	5:38
Schwimmen Total	0.50	13:41	27:22	9	4:57	55	5:38	0.50	13:41	27:22	9	4:57	55	5:38
Rad netto	28.00	53:45	1:55	4	4:25	17	8:44	28.50	1:07:26	2:21	9	9:22	55	13:48
Wechsel R -> L	-	1:06	-	3	0:27	34	0:36	28.50	1:08:32	2:24	9	9:48	55	14:23
Radfahren Total	28.00	54:51	1:57	4	4:51	17	9:19	28.50	1:08:32	2:24	9	9:48	55	14:23
Lauf	5.00	24:00	4:47	6	1:57	23	6:08	33.50	1:32:32	2:45	4	11:44	22	20:31