



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon
Bodenfelde / 10.09.2016

Detailed evaluation

Reker, Monika

Total time: 1:35:39

Club: MC Pirate

Number: 652

Course: 33.50 km

Rank in course/Total: 29 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Women: 2 (of 13)

Best time in course: 1:28:42

Category:

Rank in category: 1(of 2)

Seniorinnen 1 TW Jg. 40

Best time in the category: 1:35:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.50	10:25	20:49	2	0:14	2	0:14	0.50	10:25	20:49	3	0:14	14	0:14
Wechsel S -> R	-	1:37	-	2	0:10	6	0:16	0.50	12:02	24:03	3	0:24	14	0:24
Schwimmen Total	0.50	12:02	24:03	3	0:24	14	0:24	0.50	12:02	24:03	3	0:24	14	0:24
Rad netto	28.00	55:25	1:58	1	-	2	2:06	28.50	1:07:27	2:22	1	-	2	2:20
Wechsel R -> L	-	1:05	-	2	0:17	5	0:29	28.50	1:08:32	2:24	1	-	2	2:17
Radfahren Total	28.00	56:30	2:01	1	-	2	2:03	28.50	1:08:32	2:24	1	-	2	2:17
Lauf	5.00	27:07	5:25	2	0:42	5	4:40	33.50	1:35:39	2:51	1	-	2	6:57