



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

Detailed evaluation

Supe, Jürgen

Total time: 1:35:43

Club: DLRG Beckum

Number: 670

Course: 33.50 km

Rank in course/Total: 30 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 28 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 3(of 12)

Senioren 3 TM Jg.50

Best time in the category: 1:31:56

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	11:02	22:03	7	1:51	32	3:51	0.50	11:02	22:03	13	1:51	32	3:51
Wechsel S -> R	-	1:53	-	8	0:52	39	1:09	0.50	12:55	25:49	13	2:43	55	4:52
Schwimmen Total	0.50	12:55	25:49	13	2:43	55	4:52	0.50	12:55	25:49	13	2:43	55	4:52
Rad netto	28.00	54:48	1:57	1	-	21	9:47	28.50	1:07:43	2:22	13	1:27	55	14:05
Wechsel R -> L	-	0:56	-	4	0:15	24	0:26	28.50	1:08:39	2:24	13	1:24	55	14:30
Radfahren Total	28.00	55:44	1:59	1	-	23	10:12	28.50	1:08:39	2:24	13	1:24	55	14:30
Lauf	5.00	27:04	5:24	6	3:22	39	9:12	33.50	1:35:43	2:51	3	3:47	28	23:42