



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

Detailed evaluation

Krahe, Rüdiger

Total time: 1:21:56

Club: Triathlon WVC Kassel

Number: 631

Course: 33.50 km

Rank in course/Total: 7 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 7 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 2(of 7)

AK 4 TM Jg. 35

Best time in the category: 1:12:01

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	9:05	18:10	3	1:43	13	1:54	0.50	9:05	18:10	3	1:43	13	1:54
Wechsel S -> R	-	0:53	-	1	-	5	0:09	0.50	9:58	19:56	3	1:21	11	1:55
Schwimmen Total	0.50	9:58	19:56	3	1:21	11	1:55	0.50	9:58	19:56	3	1:21	11	1:55
Rad netto	28.00	49:48	1:46	2	4:47	9	4:47	28.50	59:46	2:05	2	6:08	8	6:08
Wechsel R -> L	-	0:40	-	2	0:09	8	0:10	28.50	1:00:26	2:07	2	6:17	8	6:17
Radfahren Total	28.00	50:28	1:48	2	4:56	9	4:56	28.50	1:00:26	2:07	2	6:17	8	6:17
Lauf	5.00	21:30	4:17	2	3:38	8	3:38	33.50	1:21:56	2:26	2	9:55	7	9:55