



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

Detailed evaluation

Ost, Thomas

Total time: 1:36:22

Club: SC Bodenfelde

Number: 645

Course: 33.50 km

Rank in course/Total: 33 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 31 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 6(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	12:41	25:22	6	5:19	49	5:30	0.50	12:41	25:22	6	5:19	50	5:30
Wechsel S -> R	-	1:24	-	5	0:31	25	0:40	0.50	14:05	28:10	8	5:28	43	6:02
Schwimmen Total	0.50	14:05	28:10	8	5:28	43	6:02	0.50	14:05	28:10	8	5:28	43	6:02
Rad netto	28.00	54:48	1:57	5	9:47	21	9:47	28.50	1:08:53	2:25	8	15:15	55	15:15
Wechsel R -> L	-	0:47	-	5	0:16	19	0:17	28.50	1:09:40	2:26	8	15:31	55	15:31
Radfahren Total	28.00	55:35	1:59	5	10:03	22	10:03	28.50	1:09:40	2:26	8	15:31	55	15:31
Lauf	5.00	26:42	5:20	6	8:50	38	8:50	33.50	1:36:22	2:52	6	24:21	31	24:21