



# Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

## Detailed evaluation

Rümenap, Kirsten

Total time: 1:39:23

Club: RSC Göttingen

Number: 656

Course: 33.50 km

Rank in course/Total: 40 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Women: 4 (of 13)

Best time in course: 1:28:42

Category:

Rank in category: 1(of 3)

AK 4 TW Jg. 35

Best time in the category: 1:39:23

### Intermediate times

### Stage score

### Total ranking

Control	Split				Pos				Total							
	km	Time	min/km	Cat.	Behind	Cat.	Women	Behind	km	Time	min/km	Cat.	Behind	Pos	Behind	
Schwimmen nett	0.50	12:36	25:11	3	1:15	10	2:25	0.50	12:36	25:11	4	1:15	14	2:25		
Wechsel S -> R	-	1:23	-	1	-	2	0:02	0.50	13:59	27:57	4	0:21	14	2:21		
Schwimmen Total	0.50	13:59	27:57	4	0:21	14	2:21	0.50	13:59	27:57	4	0:21	14	2:21		
Rad netto	28.00	59:21	2:07	1	-	3	6:02	28.50	1:13:20	2:34	1	-	4	8:13		
Wechsel R -> L	-	0:51	-	1	-	3	0:15	28.50	1:14:11	2:36	1	-	4	7:56		
Radfahren Total	28.00	1:00:12	2:08	1	-	3	5:45	28.50	1:14:11	2:36	1	-	4	7:56		
Lauf	5.00	25:12	5:02	1	-	2	2:45	33.50	1:39:23	2:58	1	-	4	10:41		