



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon
Bodenfelde / 10.09.2016

Detailed evaluation

Streicher, Ralf

Total time: 1:20:48

Club: TW Göttingen
Number: 690

Course: 33.50 km
Carboo4u Triathlon Challenge

Rank in course/Total: 6 (of 67)
Rank in course/Men: 6 (of 54)
Best time in course: 1:12:01

Category:
Senioren 2 TM Jg.45

Rank in category: 1(of 8)
Best time in the category: 1:20:48

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	7:59	15:58	1	-	4	0:48	0.50	7:59	15:58	1	-	55	0:48
Wechsel S -> R	-	0:45	-	1	-	2	0:01	0.50	8:44	17:27	1	-	55	0:41
Schwimmen Total	0.50	8:44	17:27	1	-	55	0:41	0.50	8:44	17:27	1	-	55	0:41
Rad netto	28.00	49:20	1:45	1	-	6	4:19	28.50	58:04	2:02	1	-	55	4:26
Wechsel R -> L	-	0:40	-	2	0:01	8	0:10	28.50	58:44	2:03	1	-	55	4:35
Radfahren Total	28.00	50:00	1:47	1	-	5	4:28	28.50	58:44	2:03	1	-	55	4:35
Lauf	5.00	22:04	4:24	2	0:01	12	4:12	33.50	1:20:48	2:24	1	-	6	8:47