



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon
Bodenfelde / 10.09.2016

Detailed evaluation

Stehn, Matthias

Total time: 1:41:10

Club: Triathlon SC Bad Mnder
Number: 668

Course: 33.50 km
Carboo4u Triathlon Challenge

Rank in course/Total: 45 (of 67)
Rank in course/Men: 41 (of 54)
Best time in course: 1:12:01

Category:
Senioren 4 TM Jg.55

Rank in category: 4(of 6)
Best time in the category: 1:31:03

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	11:15	22:30	2	1:00	36	4:04	0.50	11:15	22:30	7	1:00	55	4:04
Wechsel S -> R	-	1:28	-	1	-	27	0:44	0.50	12:43	25:26	7	0:58	55	4:40
Schwimmen Total	0.50	12:43	25:26	7	0:58	55	4:40	0.50	12:43	25:26	7	0:58	55	4:40
Rad netto	28.00	1:00:10	2:08	4	5:14	41	15:09	28.50	1:12:53	2:33	3	4:15	55	19:15
Wechsel R -> L	-	1:51	-	5	1:21	52	1:21	28.50	1:14:44	2:37	3	5:36	55	20:35
Radfahren Total	28.00	1:02:01	2:12	3	6:35	42	16:29	28.50	1:14:44	2:37	3	5:36	55	20:35
Lauf	5.00	26:26	5:17	4	4:31	34	8:34	33.50	1:41:10	3:01	4	10:07	41	29:09