



# Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

## Detailed evaluation

Muschinsky, Dr. Niklas

Total time: 1:23:02

Club: Bielefeld

Number: 640

Course: 33.50 km

Rank in course/Total: 10 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 10 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 4(of 8)

AK 3 TM Jg. 30

Best time in the category: 1:17:20

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	9:24	18:48	4	2:13	15	2:13	0.50	9:24	18:48	4	2:13	15	2:13
Wechsel S -> R	-	1:20	-	6	0:36	22	0:36	0.50	10:44	21:27	4	2:41	17	2:41
Schwimmen Total	0.50	10:44	21:27	4	2:41	17	2:41	0.50	10:44	21:27	4	2:41	17	2:41
Rad netto	28.00	49:35	1:46	4	2:33	8	4:34	28.50	1:00:19	2:06	4	4:57	9	6:41
Wechsel R -> L	-	0:40	-	4	0:06	8	0:10	28.50	1:00:59	2:08	4	4:56	9	6:50
Radfahren Total	28.00	50:15	1:47	4	2:32	8	4:43	28.50	1:00:59	2:08	4	4:56	9	6:50
Lauf	5.00	22:03	4:24	4	2:26	10	4:11	33.50	1:23:02	2:28	4	5:42	10	11:01