



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

Detailed evaluation

Herre, Anika

Total time: 2:01:39

Club: Hardeggen

Number: 620

Course: 33.50 km

Rank in course/Total: 64 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Women: 12 (of 13)

Best time in course: 1:28:42

Category:

Rank in category: 3(of 3)

AK 2 TW Jg. 25

Best time in the category: 1:50:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.50	14:11	28:22	3	2:45	13	4:00	0.50	14:11	28:22	4	2:45	13	4:00
Wechsel S -> R	-	1:37	-	2	0:07	6	0:16	0.50	15:48	31:36	4	2:52	12	4:10
Schwimmen Total	0.50	15:48	31:36	4	2:52	12	4:10	0.50	15:48	31:36	4	2:52	12	4:10
Rad netto	28.00	1:10:37	2:31	3	2:58	11	17:18	28.50	1:26:25	3:01	4	5:50	14	21:18
Wechsel R -> L	-	0:36	-	1	-	1	-	28.50	1:27:01	3:03	4	5:30	14	20:46
Radfahren Total	28.00	1:11:13	2:32	3	2:38	11	16:46	28.50	1:27:01	3:03	4	5:30	14	20:46
Lauf	5.00	34:38	6:55	3	5:49	13	12:11	33.50	2:01:39	3:37	3	11:06	12	32:57