



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon  
Bodenfelde / 10.09.2016

Detailed evaluation

LINNE, IRIS

Total time: 2:02:00

Club: jedestrainingzählt  
Number: 639

Course: 33.50 km  
Carboo4u Triathlon Challenge

Rank in course/Total: 65 (of 67)  
Rank in course/Women: 13 (of 13)  
Best time in course: 1:28:42

Category:  
Seniorinnen 3 TW Jg. 50

Rank in category: 1(of 1)  
Best time in the category: 2:02:00

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.50	13:42	27:23	1	-	12	3:31	0.50	13:42	27:23	1	-	12	3:31
Wechsel S -> R	-	2:09	-	1	-	9	0:48	0.50	15:51	31:41	1	-	13	4:13
Schwimmen Total	0.50	15:51	31:41	1	-	13	4:13	0.50	15:51	31:41	1	-	13	4:13
Rad netto	28.00	1:12:10	2:34	1	-	12	18:51	28.50	1:28:01	3:05	1	-	14	22:54
Wechsel R -> L	-	1:22	-	1	-	10	0:46	28.50	1:29:23	3:08	1	-	14	23:08
Radfahren Total	28.00	1:13:32	2:37	1	-	12	19:05	28.50	1:29:23	3:08	1	-	14	23:08
Lauf	5.00	32:37	6:31	1	-	11	10:10	33.50	2:02:00	3:38	1	-	13	33:18