



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

Detailed evaluation

Bettendorf, Thomas

Total time: 2:05:33

Club: Benotti / ax-lightness
Number: 603

Course: 33.50 km
Carboo4u Triathlon Challenge

Rank in course/Total: 67 (of 67)

Rank in course/Men: 54 (of 54)

Best time in course: 1:12:01

Category:
Senioren 3 TM Jg.50

Rank in category: 12(of 12)

Best time in the category: 1:31:56

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	11:55	23:49	9	2:44	45	4:44	0.50	11:55	23:49	9	2:44	45	4:44
Wechsel S -> R	-	3:05	-	12	2:04	53	2:21	0.50	15:00	30:00	10	4:48	50	6:57
Schwimmen Total	0.50	15:00	30:00	10	4:48	50	6:57	0.50	15:00	30:00	10	4:48	50	6:57
Rad netto	28.00	1:13:49	2:38	12	19:01	54	28:48	28.50	1:28:49	3:06	12	22:33	54	35:11
Wechsel R -> L	-	1:36	-	12	0:55	50	1:06	28.50	1:30:25	3:10	12	23:10	54	36:16
Radfahren Total	28.00	1:15:25	2:41	12	19:41	54	29:53	28.50	1:30:25	3:10	12	23:10	54	36:16
Lauf	5.00	35:08	7:01	12	11:26	53	17:16	33.50	2:05:33	3:44	12	33:37	54	53:32