



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

Detailed evaluation

Koch, Dieter

Total time: 1:24:33

Club: Tri-Team Fuldata1

Number: 628

Course: 33.50 km

Rank in course/Total: 11 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 11 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 2(of 8)

Senioren 2 TM Jg.45

Best time in the category: 1:20:48

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	8:15	16:30	2	0:16	6	1:04	0.50	8:15	16:30	9	0:16	6	1:04
Wechsel S -> R	-	0:53	-	2	0:08	5	0:09	0.50	9:08	18:15	9	0:24	6	1:05
Schwimmen Total	0.50	9:08	18:15	9	0:24	6	1:05	0.50	9:08	18:15	9	0:24	6	1:05
Rad netto	28.00	52:43	1:52	3	3:23	12	7:42	28.50	1:01:51	2:10	9	3:47	11	8:13
Wechsel R -> L	-	0:39	-	1	-	6	0:09	28.50	1:02:30	2:11	9	3:46	11	8:21
Radfahren Total	28.00	53:22	1:54	3	3:22	12	7:50	28.50	1:02:30	2:11	9	3:46	11	8:21
Lauf	5.00	22:03	4:24	1	-	10	4:11	33.50	1:24:33	2:31	2	3:45	11	12:32