



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon  
Bodenfelde / 10.09.2016

Detailed evaluation

Strohschneider, Sandra

Total time: 1:48:49

Club: BSG TK

Number: 669

Course: 33.50 km

Rank in course/Total: 54 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Women: 6 (of 13)

Best time in course: 1:28:42

Category:

Rank in category: 2(of 3)

AK 4 TW Jg. 35

Best time in the category: 1:39:23

Intermediate times

Stage score

Total ranking

Control	Split				Pos				Total					
	km	Time	min/km	Cat.	Behind	Pos	Behind	km	Time	min/km	Pos	Behind	Pos	Behind
Schwimmen nett	0.50	11:36	23:11	2	0:15	8	1:25	0.50	11:36	23:11	4	0:15	14	1:25
Wechsel S -> R	-	2:17	-	2	0:54	10	0:56	0.50	13:53	27:45	4	0:15	14	2:15
Schwimmen Total	0.50	13:53	27:45	4	0:15	14	2:15	0.50	13:53	27:45	4	0:15	14	2:15
Rad netto	28.00	1:03:55	2:16	2	4:34	5	10:36	28.50	1:17:48	2:43	2	4:28	5	12:41
Wechsel R -> L	-	1:42	-	3	0:51	12	1:06	28.50	1:19:30	2:47	2	5:19	5	13:15
Radfahren Total	28.00	1:05:37	2:20	2	5:25	5	11:10	28.50	1:19:30	2:47	2	5:19	5	13:15
Lauf	5.00	29:19	5:51	2	4:07	9	6:52	33.50	1:48:49	3:14	2	9:26	6	20:07