



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon
Bodenfelde / 10.09.2016

Detailed evaluation

Weingarten, Rouven

Total time: 1:35:15

Club: Bad Karlshafen

Number: 688

Course: 33.50 km

Rank in course/Total: 28 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 27 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 2(of 6)

Senioren 1 TM Jg.40

Best time in the category: 1:14:22

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	11:02	22:03	4	2:57	32	3:51	0.50	11:02	22:03	7	2:57	32	3:51
Wechsel S -> R	-	2:35	-	6	1:35	51	1:51	0.50	13:37	27:14	7	4:24	55	5:34
Schwimmen Total	0.50	13:37	27:14	7	4:24	55	5:34	0.50	13:37	27:14	7	4:24	55	5:34
Rad netto	28.00	53:44	1:55	2	7:37	16	8:43	28.50	1:07:21	2:21	7	12:01	55	13:43
Wechsel R -> L	-	1:23	-	5	0:49	46	0:53	28.50	1:08:44	2:24	7	12:50	55	14:35
Radfahren Total	28.00	55:07	1:58	2	8:26	19	9:35	28.50	1:08:44	2:24	7	12:50	55	14:35
Lauf	5.00	26:31	5:18	3	8:03	36	8:39	33.50	1:35:15	2:50	2	20:53	27	23:14