



# Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

## Detailed evaluation

**Siebert, Kirsten**

**Total time: 1:58:52**

Club: Triathlon SC Bad Münden  
Number: 665

Course: 33.50 km  
Carboo4u Triathlon Challenge

Rank in course/Total: 63 (of 67)  
Rank in course/Women: 11 (of 13)  
Best time in course: 1:28:42

Category:  
Seniorinnen 4 TW Jg. 55

Rank in category: 1(of 1)  
Best time in the category: 1:58:52

| 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     | 11:11      | 22:22        | 1           | -           | 4         | 1:00         | 0.50          | 11:11      | 22:22        | 1        | -           | 14        | 1:00         |
| Wechsel S -> R     | -        | 2:43       | -            | 1           | -           | 13        | 1:22         | 0.50          | 13:54      | 27:48        | 1        | -           | 14        | 2:16         |
| Schwimmen Total    | 0.50     | 13:54      | 27:48        | 1           | -           | 14        | 2:16         | 0.50          | 13:54      | 27:48        | 1        | -           | 14        | 2:16         |
| Rad netto          | 28.00    | 1:12:51    | 2:36         | 1           | -           | 13        | 19:32        | 28.50         | 1:26:45    | 3:02         | 1        | -           | 12        | 21:38        |
| Wechsel R -> L     | -        | 1:54       | -            | 1           | -           | 13        | 1:18         | 28.50         | 1:28:39    | 3:06         | 1        | -           | 12        | 22:24        |
| Radfahren Total    | 28.00    | 1:14:45    | 2:40         | 1           | -           | 13        | 20:18        | 28.50         | 1:28:39    | 3:06         | 1        | -           | 12        | 22:24        |
| Lauf               | 5.00     | 30:13      | 6:02         | 1           | -           | 10        | 7:46         | 33.50         | 1:58:52    | 3:32         | 1        | -           | 11        | 30:10        |