



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffelttriathlon

Bodenfelde / 10.09.2016

Detailed evaluation

Achilles, Alexis

Total time: 2:03:17

Club: Bad Nenndorf

Number: 689

Course: 33.50 km

Rank in course/Total: 66 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 53 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 8(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	11:48	23:36	7	3:49	43	4:37	0.50	11:48	23:36	7	3:49	55	4:37
Wechsel S -> R	-	2:58	-	7	2:13	52	2:14	0.50	14:46	29:32	8	6:02	55	6:43
Schwimmen Total	0.50	14:46	29:32	8	6:02	55	6:43	0.50	14:46	29:32	8	6:02	55	6:43
Rad netto	28.00	1:11:48	2:33	8	22:28	53	26:47	28.50	1:26:34	3:02	8	28:30	55	32:56
Wechsel R -> L	-	1:26	-	7	0:47	48	0:56	28.50	1:28:00	3:05	8	29:16	55	33:51
Radfahren Total	28.00	1:13:14	2:36	8	23:14	53	27:42	28.50	1:28:00	3:05	8	29:16	55	33:51
Lauf	5.00	35:17	7:03	8	13:14	54	17:25	33.50	2:03:17	3:40	8	42:29	53	51:16