



Detailed evaluation

Knopf, Stephan

Club: SV Nordhausen 90 Triathlon
Number: 318

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M30

Total time: 24:11

Speed: 14.89 km/h
Running performance: 3:40 min/km

Rank in course/Total: 2 (of 58)

Rank in course/Men: 2 (of 45)

Best time in course: 23:50

Rank in category: 1(of 6)

Best time in the category: 24:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	3.30	11:50	3:35	1	-	2	0:06	3.30	11:50	3:35	1	-	25		
Finish	3.30	12:21	3:44	1	-	2	0:15	6.60	24:11	3:39	1	-	2	0:21	