



Detailed evaluation

Rümenap, Tim

Total time: 1:22:46

Club: PEDO Schweißtechnik Running Team
Number: 30

Course: 37.72 km
Carboo4U Duathlon Challenge

Rank in course/Total: 3 (of 53)

Rank in course/Men: 3 (of 46)

Best time in course: 1:22:11

Category:
AK3 / TM 30

Rank in category: 1(of 7)

Best time in the category: 1:22:46

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
Lauf 1	4.70	18:02	3:50	1	-	7	0:45	4.70	18:02	3:50	1	-	7	0:45
Wechsel 1	0.01	0:52	86:40	1	-	2	0:01	4.71	18:54	4:00	1	-	5	0:39
Lauf Total	4.71	18:54	4:00	1	-	5	0:39	4.71	18:54	4:00	1	-	5	0:39
Rad netto	29.00	47:39	1:38	1	-	2	0:34	33.71	1:06:33	1:58	1	-	1	-
Wechsel 2	0.01	0:47	78:19	1	-	1	-	33.72	1:07:20	1:59	1	-	1	-
Rad Total	29.01	48:26	1:40	1	-	2	0:28	33.72	1:07:20	1:59	1	-	1	-
Lauf 2	4.00	15:26	3:51	1	-	7	0:54	37.72	1:22:46	2:11	1	-	3	0:35