



Detailed evaluation

Lüdeke, Jens

Total time: 1:24:21

Number: 86

Course: 37.72 km

Rank in course/Total: 7 (of 53)

Carboo4U Duathlon Challenge

Rank in course/Men: 7 (of 46)

Best time in course: 1:22:11

Category:

Rank in category: 2(of 3)

AK2 / TM 25

Best time in the category: 1:24:06

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
Lauf 1	4.70	18:01	3:49	1	-	6	0:44	4.70	18:01	3:49	1	-	6	0:44
Wechsel 1	0.01	0:58	96:40	2	0:07	3	0:07	4.71	18:59	4:01	1	-	6	0:44
Lauf Total	4.71	18:59	4:01	1	-	6	0:44	4.71	18:59	4:01	1	-	6	0:44
Rad netto	29.00	49:37	1:42	2	2:32	9	2:32	33.71	1:08:36	2:02	2	1:28	7	2:03
Wechsel 2	0.01	0:54	90:00	2	0:01	8	0:07	33.72	1:09:30	2:03	2	1:29	7	2:10
Rad Total	29.01	50:31	1:44	2	2:33	9	2:33	33.72	1:09:30	2:03	2	1:29	7	2:10
Lauf 2	4.00	14:51	3:42	1	-	4	0:19	37.72	1:24:21	2:14	2	0:15	7	2:10