



Detailed evaluation

Heidt, Alexander

Total time: 1:32:07

Club: MTV Vernawahlshausen

Number: 76

Course: 37.72 km

Rank in course/Total: 15 (of 53)

Carboo4U Duathlon Challenge

Rank in course/Men: 15 (of 46)

Best time in course: 1:22:11

Category:

Rank in category: 6(of 12)

AK4 / TM 35

Best time in the category: 1:22:11

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	19:33	4:09	6	2:16	17	2:16	4.70	19:33	4:09	6	2:16	17	2:16
Wechsel 1	0.01	1:29	148:20	8	0:31	29	0:38	4.71	21:02	4:27	6	2:47	16	2:47
Lauf Total	4.71	21:02	4:27	6	2:47	16	2:47	4.71	21:02	4:27	6	2:47	16	2:47
Rad netto	29.00	52:20	1:48	5	4:24	16	5:15	33.71	1:13:22	2:10	6	6:47	15	6:49
Wechsel 2	0.01	1:31	151:39	10	0:38	32	0:44	33.72	1:14:53	2:13	6	7:25	15	7:33
Rad Total	29.01	53:51	1:51	6	4:57	17	5:53	33.72	1:14:53	2:13	6	7:25	15	7:33
Lauf 2	4.00	17:14	4:18	6	2:31	15	2:42	37.72	1:32:07	2:26	6	9:56	15	9:56