



Detailed evaluation

Gaber, Sascha

Total time: 1:30:52

Club: Cicli-Club-Northeim

Number: 48

Course: 37.72 km

Rank in course/Total: 14 (of 53)

Carboo4U Duathlon Challenge

Rank in course/Men: 14 (of 46)

Best time in course: 1:22:11

Category:

Rank in category: 5(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	18:33	3:56	4	1:16	10	1:16	4.70	18:33	3:56	4	1:16	10	1:16
Wechsel 1	0.01	1:26	143:20	7	0:28	27	0:35	4.71	19:59	4:14	5	1:44	12	1:44
Lauf Total	4.71	19:59	4:14	5	1:44	12	1:44	4.71	19:59	4:14	5	1:44	12	1:44
Rad netto	29.00	52:51	1:49	7	4:55	18	5:46	33.71	1:12:50	2:09	5	6:15	14	6:17
Wechsel 2	0.01	1:08	113:19	5	0:15	15	0:21	33.72	1:13:58	2:11	5	6:30	14	6:38
Rad Total	29.01	53:59	1:51	7	5:05	18	6:01	33.72	1:13:58	2:11	5	6:30	14	6:38
Lauf 2	4.00	16:54	4:13	5	2:11	13	2:22	37.72	1:30:52	2:24	5	8:41	14	8:41