



Detailed evaluation

Pfeiffer, Sebastian

Total time: 1:36:42

Club: R...unning32

Number: 5

Course: 37.72 km

Rank in course/Total: 19 (of 53)

Carboo4U Duathlon Challenge

Rank in course/Men: 19 (of 46)

Best time in course: 1:22:11

Category:

Rank in category: 4(of 7)

AK3 / TM 30

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	19:03	4:03	2	1:01	13	1:46	4.70	19:03	4:03	2	1:01	13	1:46
Wechsel 1	0.01	1:13	121:39	3	0:21	13	0:22	4.71	20:16	4:18	3	1:22	15	2:01
Lauf Total	4.71	20:16	4:18	3	1:22	15	2:01	4.71	20:16	4:18	3	1:22	15	2:01
Rad netto	29.00	56:52	1:57	5	9:13	22	9:47	33.71	1:17:08	2:17	4	10:35	20	10:35
Wechsel 2	0.01	1:02	103:20	3	0:15	14	0:15	33.72	1:18:10	2:19	4	10:50	19	10:50
Rad Total	29.01	57:54	1:59	5	9:28	22	9:56	33.72	1:18:10	2:19	4	10:50	19	10:50
Lauf 2	4.00	18:32	4:38	3	3:06	20	4:00	37.72	1:36:42	2:33	4	13:56	19	14:31