



## Detailed evaluation

Ost, Thomas

Club: SC Bodenfelde  
Number: 77

Course: 37.72 km  
Carboo4U Duathlon Challenge

Category:  
AK4 / TM 35

Total time: 1:37:39

Rank in course/Total: 21 (of 53)

Rank in course/Men: 21 (of 46)

Best time in course: 1:22:11

Rank in category: 8(of 12)

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	22:08	4:42	9	4:51	29	4:51	4.70	22:08	4:42	9	4:51	29	4:51
Wechsel 1	0.01	1:29	148:20	8	0:31	29	0:38	4.71	23:37	5:00	9	5:22	28	5:22
Lauf Total	4.71	23:37	5:00	9	5:22	28	5:22	4.71	23:37	5:00	9	5:22	28	5:22
Rad netto	29.00	54:13	1:52	8	6:17	21	7:08	33.71	1:17:50	2:18	8	11:15	21	11:17
Wechsel 2	0.01	0:59	98:19	3	0:06	10	0:12	33.72	1:18:49	2:20	8	11:21	21	11:29
Rad Total	29.01	55:12	1:54	8	6:18	19	7:14	33.72	1:18:49	2:20	8	11:21	21	11:29
Lauf 2	4.00	18:50	4:42	7	4:07	21	4:18	37.72	1:37:39	2:35	8	15:28	21	15:28