



Detailed evaluation

Frölich, Michael

Total time: 1:41:19

Club: Frölichs rocken den Brocken
Number: 46

Course: 37.72 km
Carboo4U Duathlon Challenge

Rank in course/Total: 24 (of 53)

Rank in course/Men: 24 (of 46)

Best time in course: 1:22:11

Category:
SEN3 / TM 50

Rank in category: 1(of 1)

Best time in the category: 1:41:19

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	21:44	4:37	1	-	24	4:27	4.70	21:44	4:37	1	-	24	4:27
Wechsel 1	0.01	1:49	181:39	1	-	41	0:58	4.71	23:33	5:00	1	-	26	5:18
Lauf Total	4.71	23:33	5:00	1	-	26	5:18	4.71	23:33	5:00	1	-	26	5:18
Rad netto	29.00	57:08	1:58	1	-	23	10:03	33.71	1:20:41	2:23	1	-	24	14:08
Wechsel 2	0.01	1:36	160:00	1	-	36	0:49	33.72	1:22:17	2:26	1	-	24	14:57
Rad Total	29.01	58:44	2:01	1	-	23	10:46	33.72	1:22:17	2:26	1	-	24	14:57
Lauf 2	4.00	19:02	4:45	1	-	22	4:30	37.72	1:41:19	2:41	1	-	24	19:08