



Detailed evaluation

Rudek, Christian

Club: RSC Göttingen

Number: 71

Course: 37.72 km

Carboo4U Duathlon Challenge

Category:

AK4 / TM 35

Total time: 1:49:29

Rank in course/Total: 34 (of 53)

Rank in course/Men: 34 (of 46)

Best time in course: 1:22:11

Rank in category: 11(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	23:16	4:57	12	5:59	34	5:59	4.70	23:16	4:57	12	5:59	34	5:59
Wechsel 1	0.01	1:17	128:20	4	0:19	16	0:26	4.71	24:33	5:12	11	6:18	33	6:18
Lauf Total	4.71	24:33	5:12	11	6:18	33	6:18	4.71	24:33	5:12	11	6:18	33	6:18
Rad netto	29.00	1:00:40	2:05	11	12:44	31	13:35	33.71	1:25:13	2:31	11	18:38	32	18:40
Wechsel 2	0.01	1:18	130:00	8	0:25	23	0:31	33.72	1:26:31	2:33	10	19:03	31	19:11
Rad Total	29.01	1:01:58	2:08	11	13:04	31	14:00	33.72	1:26:31	2:33	10	19:03	31	19:11
Lauf 2	4.00	22:58	5:44	12	8:15	41	8:26	37.72	1:49:29	2:54	11	27:18	34	27:18