



## Detailed evaluation

Herre, Norbert

Total time: 1:43:37

Club: Cafe Pulkennest

Number: 621

Course: 33.50 km

Rank in course/Total: 48 (of 67)

Carboo4u Triathlon Challenge

Rank in course/Men: 44 (of 54)

Best time in course: 1:12:01

Category:

Rank in category: 5(of 6)

Senioren 4 TM Jg.55

Best time in the category: 1:31:03

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
Schwimmen nett	0.50	11:50	23:40	4	1:35	44	4:39	0.50	11:50	23:40	4	1:35	44	4:39
Wechsel S -> R	-	1:41	-	3	0:13	32	0:57	0.50	13:31	27:02	3	1:46	39	5:28
Schwimmen Total	0.50	13:31	27:02	3	1:46	39	5:28	0.50	13:31	27:02	3	1:46	39	5:28
Rad netto	28.00	1:01:15	2:11	5	6:19	45	16:14	28.50	1:14:46	2:37	7	6:08	45	21:08
Wechsel R -> L	-	1:09	-	4	0:39	38	0:39	28.50	1:15:55	2:39	7	6:47	44	21:46
Radfahren Total	28.00	1:02:24	2:13	5	6:58	46	16:52	28.50	1:15:55	2:39	7	6:47	44	21:46
Lauf	5.00	27:42	5:32	6	5:47	42	9:50	33.50	1:43:37	3:05	5	12:34	44	31:36