



Detailed evaluation

IRLBECK, Sarah

Total time: 2:40:09

Club: Magdeburg
Number: 300

Course: 51.89 km
Olympisch (1,5/40/10 km)

Rank in course/Total: 89 (of 233)
Rank in course/Women: 4 (of 54)
Best time in course: 2:31:35

Category:
AK3 / TW 30

Rank in category: 1(of 13)
Best time in the category: 2:40:09

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	1.50	31:58	21:18	4	1:03	12	8:44	1.50	31:58	21:18	4	1:03	12	8:44
Wechsel S -> R	0.26	3:37	13:54	9	1:26	30	1:45	1.76	35:35	20:13	3	1:46	12	10:29
Schwimmen Total	1.76	35:35	20:13	3	1:46	12	10:29	1.76	35:35	20:13	3	1:46	12	10:29
Rad netto	40.00	1:16:52	1:55	2	2:55	11	4:54	41.76	1:52:27	2:41	2	4:41	8	11:51
Wechsel R -> L	0.13	1:07	8:35	1	-	2	0:10	41.89	1:53:34	2:42	2	4:27	7	12:01
Radfahren Total	40.13	1:17:59	1:56	2	2:41	10	4:54	41.89	1:53:34	2:42	2	4:27	7	12:01
Lauf	10.00	46:35	4:39	2	2:04	3	2:04	51.89	2:40:09	3:05	1	-	4	8:34