



Detailed evaluation

TIWARI, Gaurav

Total time: 2:46:30

Club: Berlin Social Runners
Number: 446

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

Rank in course/Total: 115 (of 233)

Rank in course/Men: 106 (of 179)

Best time in course: 2:04:10

Category:

Rank in category: 12(of 16)

AK2 / TM 25

Best time in the category: 2:15:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.50	36:35	24:23	14	12:05	147	15:59	1.50	36:35	24:23	14	12:05	147	15:59
Wechsel S -> R	0.26	4:46	18:19	14	3:09	149	3:21	1.76	41:21	23:29	15	13:58	149	18:32
Schwimmen Total	1.76	41:21	23:29	15	13:58	149	18:32	1.76	41:21	23:29	15	13:58	149	18:32
Rad netto	40.00	1:16:10	1:54	10	13:33	110	14:57	41.76	1:57:31	2:48	13	26:45	131	30:54
Wechsel R -> L	0.13	1:30	11:32	10	0:43	79	0:47	41.89	1:59:01	2:50	13	27:28	130	31:41
Radfahren Total	40.13	1:17:40	1:56	11	14:16	106	15:44	41.89	1:59:01	2:50	13	27:28	130	31:41
Lauf	10.00	47:29	4:44	8	8:36	56	10:57	51.89	2:46:30	3:12	12	31:23	106	42:20