



Detailed evaluation

KREMKOW, Sebastian

Total time: 2:52:34

Club: Falkensee

Number: 338

Course: 51.89 km

Rank in course/Total: 141 (of 233)

Olympisch (1,5/40/10 km)

Rank in course/Men: 126 (of 179)

Best time in course: 2:04:10

Category:

Rank in category: 6(of 6)

AK1 / TM 20

Best time in the category: 2:08:10

Control	Intermediate times				Stage score				Total ranking					
	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	1.50	32:32	21:41	5	11:56	96	11:56	1.50	32:32	21:41	5	11:56	96	11:56
Wechsel S -> R	0.26	4:02	15:30	5	2:05	132	2:37	1.76	36:34	20:46	5	13:45	106	13:45
Schwimmen Total	1.76	36:34	20:46	5	13:45	106	13:45	1.76	36:34	20:46	5	13:45	106	13:45
Rad netto	40.00	1:17:33	1:56	5	14:02	123	16:20	41.76	1:54:07	2:43	5	23:24	111	27:30
Wechsel R -> L	0.13	1:32	11:47	6	0:37	85	0:49	41.89	1:55:39	2:45	5	24:01	110	28:19
Radfahren Total	40.13	1:19:05	1:58	5	14:39	121	17:09	41.89	1:55:39	2:45	5	24:01	110	28:19
Lauf	10.00	56:55	5:41	6	20:23	150	20:23	51.89	2:52:34	3:19	6	44:24	126	48:24