



Detailed evaluation

SPINLER, Lutz

Total time: 2:52:48

Club: Dallgow
Number: 471

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

Rank in course/Total: 143 (of 233)

Rank in course/Men: 128 (of 179)

Best time in course: 2:04:10

Category:
SEN3 / TM 50

Rank in category: 17(of 22)

Best time in the category: 2:27:52

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	1.50	32:19	21:32	12	6:00	94	11:43	1.50	32:19	21:32	12	6:00	94	11:43
Wechsel S -> R	0.26	3:25	13:08	12	1:33	103	2:00	1.76	35:44	20:18	11	7:30	90	12:55
Schwimmen Total	1.76	35:44	20:18	11	7:30	90	12:55	1.76	35:44	20:18	11	7:30	90	12:55
Rad netto	40.00	1:15:03	1:52	15	9:50	100	13:50	41.76	1:50:47	2:39	11	13:26	96	24:10
Wechsel R -> L	0.13	2:42	20:46	18	1:44	160	1:59	41.89	1:53:29	2:42	12	14:53	102	26:09
Radfahren Total	40.13	1:17:45	1:56	15	11:17	109	15:49	41.89	1:53:29	2:42	12	14:53	102	26:09
Lauf	10.00	59:19	5:55	18	17:51	156	22:47	51.89	2:52:48	3:19	17	24:56	128	48:38