



## Detailed evaluation

SUCKOW, Jan

Total time: 3:17:58

Club: Berlin  
Number: 339

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

Rank in course/Total: 206 (of 233)

Rank in course/Men: 164 (of 179)

Best time in course: 2:04:10

Category:  
AK3 / TM 30

Rank in category: 22(of 23)

Best time in the category: 2:04:10

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	37:48	25:11	21	16:43	159	17:12	1.50	37:48	25:11	21	16:43	159	17:12
Wechsel S -> R	0.26	4:30	17:18	19	3:05	141	3:05	1.76	42:18	24:02	21	18:38	158	19:29
Schwimmen Total	1.76	42:18	24:02	21	18:38	158	19:29	1.76	42:18	24:02	21	18:38	158	19:29
Rad netto	40.00	1:28:18	2:12	21	27:05	162	27:05	41.76	2:10:36	3:07	21	43:59	163	43:59
Wechsel R -> L	0.13	1:43	13:12	14	1:00	108	1:00	41.89	2:12:19	3:09	21	44:59	163	44:59
Radfahren Total	40.13	1:30:01	2:14	21	28:05	161	28:05	41.89	2:12:19	3:09	21	44:59	163	44:59
Lauf	10.00	1:05:39	6:33	22	28:49	163	29:07	51.89	3:17:58	3:48	22	1:13:48	164	1:13:48