



Detailed evaluation

HEINOWSKY, Enrico

Total time: 4:25:48

Club: MRC Berlin
Number: 190

Course: 116.79 km
Mittel Distanz (1,9/93/21 km)

Rank in course/Total: 4 (of 154)

Rank in course/Men: 4 (of 137)

Best time in course: 4:12:50

Category:
AK4 / TM 35

Rank in category: 2(of 21)

Best time in the category: 4:14:22

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	1.90	29:06	15:18	6	2:54	22	6:27	1.90	29:06	15:18	6	2:54	22	6:27
Wechsel S -> R	0.26	2:09	8:16	6	0:46	23	0:49	2.16	31:15	14:28	5	3:40	19	7:16
Schwimmen Total	2.16	31:15	14:28	5	3:40	19	7:16	2.16	31:15	14:28	5	3:40	19	7:16
Rad netto	93.00	2:19:33	1:30	1	-	2	24:58	95.16	2:50:48	1:47	1	-	2	23:32
Wechsel R -> L	0.13	1:27	11:09	10	0:36	30	0:46	95.29	2:52:15	1:48	1	-	1	-
Radfahren Total	93.13	2:21:00	1:30	1	-	1	-	95.29	2:52:15	1:48	1	-	1	-
Lauf	21.50	1:33:33	4:21	6	14:05	25	15:23	116.79	4:25:48	2:16	2	11:26	4	12:58