



Detailed evaluation

PIETSCH, Heiko

Total time: 4:26:26

Club: Sisu Triathlon Berlin
Number: 38

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

Rank in course/Total: 5 (of 154)

Rank in course/Men: 5 (of 137)

Best time in course: 4:12:50

Category:
AK3 / TM 30

Rank in category: 1(of 23)

Best time in the category: 4:26:26

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	29:23	15:27	7	4:47	24	6:44	1.90	29:23	15:27	7	4:47	24	6:44
Wechsel S -> R	0.26	1:43	6:36	4	0:20	9	0:23	2.16	31:06	14:23	6	4:13	18	7:07
Schwimmen Total	2.16	31:06	14:23	6	4:13	18	7:07	2.16	31:06	14:23	6	4:13	18	7:07
Rad netto	93.00	2:30:44	1:37	1	-	7	36:09	95.16	3:01:50	1:54	4	1:07	10	34:34
Wechsel R -> L	0.13	1:04	8:12	2	0:23	7	0:23	95.29	3:02:54	1:55	3	1:06	8	10:39
Radfahren Total	93.13	2:31:48	1:37	1	-	6	10:48	95.29	3:02:54	1:55	3	1:06	8	10:39
Lauf	21.50	1:23:32	3:53	1	-	6	5:22	116.79	4:26:26	2:16	1	-	5	13:36