



Detailed evaluation

ZEISKE, Ronny

Total time: 4:37:31

Club: Seesportclub Brandenburg
Number: 85

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

Rank in course/Total: 12 (of 154)

Rank in course/Men: 12 (of 137)

Best time in course: 4:12:50

Category:
SEN3 / TM 50

Rank in category: 3(of 24)

Best time in the category: 4:34:09

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	26:14	13:48	2	0:54	5	3:35	1.90	26:14	13:48	2	0:54	5	3:35
Wechsel S -> R	0.26	3:04	11:47	6	1:11	60	1:44	2.16	29:18	13:33	2	2:05	9	5:19
Schwimmen Total	2.16	29:18	13:33	2	2:05	9	5:19	2.16	29:18	13:33	2	2:05	9	5:19
Rad netto	93.00	2:34:47	1:39	4	40:12	16	40:12	95.16	3:04:05	1:56	4	36:49	14	36:49
Wechsel R -> L	0.13	1:38	12:33	4	0:32	41	0:57	95.29	3:05:43	1:56	3	7:52	14	13:28
Radfahren Total	93.13	2:36:25	1:40	3	5:47	15	15:25	95.29	3:05:43	1:56	3	7:52	14	13:28
Lauf	21.50	1:31:48	4:16	4	1:44	21	13:38	116.79	4:37:31	2:22	3	3:22	12	24:41