



Detailed evaluation

SENGPIEHL, Mitja

Total time: 4:39:11

Club: Berlin
Number: 114

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

Rank in course/Total: 14 (of 154)

Rank in course/Men: 14 (of 137)

Best time in course: 4:12:50

Category:
SEN2 / TM 45

Rank in category: 2(of 25)

Best time in the category: 4:28:31

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	31:11	16:24	6	3:42	33	8:32	1.90	31:11	16:24	6	3:42	33	8:32
Wechsel S -> R	0.26	3:05	11:51	13	1:10	62	1:45	2.16	34:16	15:51	7	4:51	41	10:17
Schwimmen Total	2.16	34:16	15:51	7	4:51	41	10:17	2.16	34:16	15:51	7	4:51	41	10:17
Rad netto	93.00	2:35:16	1:40	4	3:46	18	40:41	95.16	3:09:32	1:59	3	7:36	19	42:16
Wechsel R -> L	0.13	1:41	12:56	10	0:38	47	1:00	95.29	3:11:13	2:00	3	7:48	18	18:58
Radfahren Total	93.13	2:36:57	1:41	3	4:14	17	15:57	95.29	3:11:13	2:00	3	7:48	18	18:58
Lauf	21.50	1:27:58	4:05	3	4:02	12	9:48	116.79	4:39:11	2:23	2	10:40	14	26:21