



Detailed evaluation

KÖHLER, Bernd

Club: Tri-Finisher Berlin
Number: 186

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

Category:
SEN2 / TM 45

Total time: 4:47:45

Rank in course/Total: 23 (of 154)

Rank in course/Men: 23 (of 137)

Best time in course: 4:12:50

Rank in category: 5(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	33:16	17:30	11	5:47	65	10:37	1.90	33:16	17:30	11	5:47	65	10:37
Wechsel S -> R	0.26	2:09	8:16	4	0:14	23	0:49	2.16	35:25	16:23	9	6:00	52	11:26
Schwimmen Total	2.16	35:25	16:23	9	6:00	52	11:26	2.16	35:25	16:23	9	6:00	52	11:26
Rad netto	93.00	2:35:10	1:40	3	3:40	17	40:35	95.16	3:10:35	2:00	4	8:39	21	43:19
Wechsel R -> L	0.13	2:25	18:35	21	1:22	100	1:44	95.29	3:13:00	2:01	5	9:35	23	20:45
Radfahren Total	93.13	2:37:35	1:41	4	4:52	21	16:35	95.29	3:13:00	2:01	5	9:35	23	20:45
Lauf	21.50	1:34:45	4:24	4	10:49	27	16:35	116.79	4:47:45	2:27	5	19:14	23	34:55