



Detailed evaluation

RANIG, Heike

Total time: 3:55:58

Club: TeamworkBerlin e.V.
Number: 418

Course: 51.89 km
Olympisch (1,5/40/10 km)

Rank in course/Total: 225 (of 233)

Rank in course/Women: 52 (of 54)

Best time in course: 2:31:35

Category:

Rank in category: 2(of 2)

SEN4 / TW 55

Best time in the category: 2:45:59

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	1.50	46:31	31:00	2	16:35	51	23:17	1.50	46:31	31:00	2	16:35	51	23:17
Wechsel S -> R	0.26	4:07	15:49	2	1:01	42	2:15	1.76	50:38	28:46	2	17:36	51	25:32
Schwimmen Total	1.76	50:38	28:46	2	17:36	51	25:32	1.76	50:38	28:46	2	17:36	51	25:32
Rad netto	40.00	1:41:12	2:31	2	28:15	51	29:14	41.76	2:31:50	3:38	2	45:51	51	51:14
Wechsel R -> L	0.13	1:49	13:58	1	-	36	0:52	41.89	2:33:39	3:40	2	45:48	51	52:06
Radfahren Total	40.13	1:43:01	2:34	2	28:12	51	29:56	41.89	2:33:39	3:40	2	45:48	51	52:06
Lauf	10.00	1:22:19	8:13	2	24:11	53	37:48	51.89	3:55:58	4:32	2	1:09:59	52	1:24:23