



Detailed evaluation

OCHAINSKI, David

Total time: 5:01:45

Club: Not Fast But Furious

Number: 55

Course: 116.79 km

Rank in course/Total: 42 (of 154)

Mittel Distanz (1,9/93/21 km)

Rank in course/Men: 41 (of 137)

Best time in course: 4:12:50

Category:

Rank in category: 10(of 23)

AK3 / TM 30

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	31:32	16:35	10	6:56	40	8:53	1.90	31:32	16:35	10	6:56	40	8:53
Wechsel S -> R	0.26	1:57	7:30	5	0:34	15	0:37	2.16	33:29	15:30	9	6:36	32	9:30
Schwimmen Total	2.16	33:29	15:30	9	6:36	32	9:30	2.16	33:29	15:30	9	6:36	32	9:30
Rad netto	93.00	2:40:18	1:43	9	9:34	33	45:43	95.16	3:13:47	2:02	10	13:04	29	46:31
Wechsel R -> L	0.13	2:16	17:26	19	1:35	92	1:35	95.29	3:16:03	2:03	10	14:15	29	23:48
Radfahren Total	93.13	2:42:34	1:44	9	10:46	31	21:34	95.29	3:16:03	2:03	10	14:15	29	23:48
Lauf	21.50	1:45:42	4:54	18	22:10	72	27:32	116.79	5:01:45	2:35	10	35:19	41	48:55