



## Detailed evaluation

**PÖTKE, Thomas**

Total time: 5:01:51

Club: TriathlonTeamLüneburg  
Number: 185

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

Rank in course/Total: 43 (of 154)

Rank in course/Men: 42 (of 137)

Best time in course: 4:12:50

Category:  
SEN3 / TM 50

Rank in category: 6(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	35:25	18:38	15	10:05	88	12:46	1.90	35:25	18:38	15	10:05	88	12:46
Wechsel S -> R	0.26	2:15	8:39	3	0:22	26	0:55	2.16	37:40	17:26	11	10:27	73	13:41
Schwimmen Total	2.16	37:40	17:26	11	10:27	73	13:41	2.16	37:40	17:26	11	10:27	73	13:41
Rad netto	93.00	2:44:36	1:46	8	50:01	42	50:01	95.16	3:22:16	2:07	8	55:00	47	55:00
Wechsel R -> L	0.13	1:26	11:01	2	0:20	29	0:45	95.29	3:23:42	2:08	7	25:51	46	31:27
Radfahren Total	93.13	2:46:02	1:46	7	15:24	40	25:02	95.29	3:23:42	2:08	7	25:51	46	31:27
Lauf	21.50	1:38:09	4:33	6	8:05	42	19:59	116.79	5:01:51	2:35	6	27:42	42	49:01