



Detailed evaluation

BROISTEDT, Dennis

Total time: 5:06:03

Club: Ruppiner Triathlon Verein e.V.
Number: 130

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

Rank in course/Total: 49 (of 154)

Rank in course/Men: 48 (of 137)

Best time in course: 4:12:50

Category:
AK4 / TM 35

Rank in category: 14(of 21)

Best time in the category: 4:14:22

| 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 | 32:39 | 17:11 | 11 | 6:27 | 56 | 10:00 | 1.90 | 32:39 | 17:11 | 11 | 6:27 | 56 | 10:00 |
| Wechsel S -> R | 0.26 | 3:22 | 12:56 | 14 | 1:59 | 71 | 2:02 | 2.16 | 36:01 | 16:40 | 12 | 8:26 | 59 | 12:02 |
| Schwimmen Total | 2.16 | 36:01 | 16:40 | 12 | 8:26 | 59 | 12:02 | 2.16 | 36:01 | 16:40 | 12 | 8:26 | 59 | 12:02 |
| Rad netto | 93.00 | 2:42:51 | 1:45 | 11 | 23:18 | 39 | 48:16 | 95.16 | 3:18:52 | 2:05 | 12 | 28:04 | 41 | 51:36 |
| Wechsel R -> L | 0.13 | 1:45 | 13:27 | 13 | 0:54 | 55 | 1:04 | 95.29 | 3:20:37 | 2:06 | 12 | 28:22 | 40 | 28:22 |
| Radfahren Total | 93.13 | 2:44:36 | 1:46 | 12 | 23:36 | 38 | 23:36 | 95.29 | 3:20:37 | 2:06 | 12 | 28:22 | 40 | 28:22 |
| Lauf | 21.50 | 1:45:26 | 4:54 | 15 | 25:58 | 71 | 27:16 | 116.79 | 5:06:03 | 2:37 | 14 | 51:41 | 48 | 53:13 |