



Detailed evaluation

GRUHN, Stefan

Total time: 5:08:33

Club: Team Erdinger Alkoholfrei
Number: 70

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

Rank in course/Total: 52 (of 154)

Rank in course/Men: 50 (of 137)

Best time in course: 4:12:50

Category:
SEN1 / TM 40

Rank in category: 6(of 20)

Best time in the category: 4:12:50

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	30:22	15:58	4	3:49	30	7:43	1.90	30:22	15:58	4	3:49	30	7:43
Wechsel S -> R	0.26	3:33	13:39	17	1:57	81	2:13	2.16	33:55	15:42	4	5:31	35	9:56
Schwimmen Total	2.16	33:55	15:42	4	5:31	35	9:56	2.16	33:55	15:42	4	5:31	35	9:56
Rad netto	93.00	2:46:05	1:47	3	24:11	44	51:30	95.16	3:20:00	2:06	5	27:48	43	52:44
Wechsel R -> L	0.13	1:43	13:12	8	0:57	52	1:02	95.29	3:21:43	2:07	5	28:45	41	29:28
Radfahren Total	93.13	2:47:48	1:48	3	25:08	44	26:48	95.29	3:21:43	2:07	5	28:45	41	29:28
Lauf	21.50	1:46:50	4:58	11	26:58	74	28:40	116.79	5:08:33	2:38	6	55:43	50	55:43