



Detailed evaluation

MARTENS, Henning

Total time: 5:09:37

Club: Tri-Sport Lübeck

Number: 148

Course: 116.79 km

Rank in course/Total: 53 (of 154)

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

Rank in course/Men: 51 (of 137)

Best time in course: 4:12:50

Category:

Rank in category: 10(of 25)

SEN2 / TM 45

Best time in the category: 4:28:31

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	33:31	17:38	12	6:02	67	10:52	1.90	33:31	17:38	12	6:02	67	10:52
Wechsel S -> R	0.26	2:05	8:00	3	0:10	20	0:45	2.16	35:36	16:28	10	6:11	54	11:37
Schwimmen Total	2.16	35:36	16:28	10	6:11	54	11:37	2.16	35:36	16:28	10	6:11	54	11:37
Rad netto	93.00	2:44:23	1:46	8	12:53	41	49:48	95.16	3:19:59	2:06	8	18:03	42	52:43
Wechsel R -> L	0.13	2:03	15:46	16	1:00	79	1:22	95.29	3:22:02	2:07	8	18:37	42	29:47
Radfahren Total	93.13	2:46:26	1:47	8	13:43	41	25:26	95.29	3:22:02	2:07	8	18:37	42	29:47
Lauf	21.50	1:47:35	5:00	15	23:39	77	29:25	116.79	5:09:37	2:39	10	41:06	51	56:47