



## Detailed evaluation

VOS, Douk

Total time: 5:09:45

Club: Amsterdam

Number: 116

Course: 116.79 km

Rank in course/Total: 54 (of 154)

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

Rank in course/Men: 52 (of 137)

Best time in course: 4:12:50

Category:

Rank in category: 15(of 21)

AK4 / TM 35

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	31:25	16:32	7	5:13	39	8:46	1.90	31:25	16:32	7	5:13	39	8:46
Wechsel S -> R	0.26	2:00	7:41	4	0:37	17	0:40	2.16	33:25	15:28	7	5:50	31	9:26
Schwimmen Total	2.16	33:25	15:28	7	5:50	31	9:26	2.16	33:25	15:28	7	5:50	31	9:26
Rad netto	93.00	2:47:48	1:48	14	28:15	53	53:13	95.16	3:21:13	2:06	13	30:25	45	53:57
Wechsel R -> L	0.13	2:16	17:26	18	1:25	92	1:35	95.29	3:23:29	2:08	13	31:14	45	31:14
Radfahren Total	93.13	2:50:04	1:49	15	29:04	53	29:04	95.29	3:23:29	2:08	13	31:14	45	31:14
Lauf	21.50	1:46:16	4:56	16	26:48	73	28:06	116.79	5:09:45	2:39	15	55:23	52	56:55