



## Detailed evaluation

### FREIWALD, Grit

Club: VfL Wolfsburg  
Number: 26

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

Category:  
AK4 / TW 35

Total time: 5:07:23

Rank in course/Total: 51 (of 154)  
Rank in course/Women: 2 (of 17)  
Best time in course: 5:01:22  
Rank in category: 1(of 4)  
Best time in the category: 5:07:23

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	1.90	27:58	14:43	1	-	1	-	1.90	27:58	14:43	1	-	1	-
Wechsel S -> R	0.26	2:20	8:58	1	-	3	0:24	2.16	30:18	14:01	1	-	1	-
Schwimmen Total	2.16	30:18	14:01	1	-	1	-	2.16	30:18	14:01	1	-	1	-
Rad netto	93.00	3:01:05	1:56	2	2:18	6	13:11	95.16	3:31:23	2:13	1	-	3	8:40
Wechsel R -> L	0.13	1:18	10:00	1	-	2	0:06	95.29	3:32:41	2:13	1	-	3	8:16
Radfahren Total	93.13	3:02:23	1:57	2	1:48	5	12:47	95.29	3:32:41	2:13	1	-	3	8:16
Lauf	21.50	1:34:42	4:24	1	-	1	-	116.79	5:07:23	2:37	1	-	2	6:01