



Detailed evaluation

KRUSE, Virginie

Total time: 5:12:22

Club: BSV Friesen

Number: 141

Course: 116.79 km

Rank in course/Total: 58 (of 154)

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

Rank in course/Women: 3 (of 17)

Best time in course: 5:01:22

Category:

Rank in category: 2(of 4)

SEN1 / TW 40

Best time in the category: 5:01:22

Control	Intermediate times							Stage score				Total ranking			
	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	31:58	16:49	3	0:58	6	4:00	1.90	31:58	16:49	3	0:58	6	4:00	
Wechsel S -> R	0.26	1:56	7:26	1	-	1	-	2.16	33:54	15:41	2	0:09	4	3:36	
Schwimmen Total	2.16	33:54	15:41	2	0:09	4	3:36	2.16	33:54	15:41	2	0:09	4	3:36	
Rad netto	93.00	2:56:58	1:54	2	9:04	2	9:04	95.16	3:30:52	2:12	2	8:09	2	8:09	
Wechsel R -> L	0.13	1:21	10:23	2	0:09	3	0:09	95.29	3:32:13	2:13	2	7:48	2	7:48	
Radfahren Total	93.13	2:58:19	1:54	2	8:43	2	8:43	95.29	3:32:13	2:13	2	7:48	2	7:48	
Lauf	21.50	1:40:09	4:39	2	3:12	3	5:27	116.79	5:12:22	2:40	2	11:00	3	11:00	