



## Detailed evaluation

**STANDRING, Michael**

Total time: 5:31:33

Club: Berlin  
Number: 87

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

Rank in course/Total: 87 (of 154)  
Rank in course/Men: 82 (of 137)  
Best time in course: 4:12:50

Category:  
SEN4 / TM 55

Rank in category: 2(of 7)  
Best time in the category: 4:57:41

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	34:09	17:58	4	7:34	74	11:30	1.90	34:09	17:58	4	7:34	74	11:30
Wechsel S -> R	0.26	6:52	26:24	6	3:59	129	5:32	2.16	41:01	18:59	4	9:08	100	17:02
Schwimmen Total	2.16	41:01	18:59	4	9:08	100	17:02	2.16	41:01	18:59	4	9:08	100	17:02
Rad netto	93.00	3:05:01	1:59	4	23:11	108	1:10:26	95.16	3:46:02	2:22	4	29:57	106	1:18:46
Wechsel R -> L	0.13	2:14	17:10	4	0:32	88	1:33	95.29	3:48:16	2:23	4	30:12	104	56:01
Radfahren Total	93.13	3:07:15	2:00	4	23:26	107	46:15	95.29	3:48:16	2:23	4	30:12	104	56:01
Lauf	21.50	1:43:17	4:48	2	3:40	63	25:07	116.79	5:31:33	2:50	2	33:52	82	1:18:43