



Detailed evaluation

FRÖHLICH, Tobias

Total time: 5:34:24

Club: LG Halbe Lunge Bärnin
Number: 156

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

Rank in course/Total: 93 (of 154)

Rank in course/Men: 87 (of 137)

Best time in course: 4:12:50

Category:
AK4 / TM 35

Rank in category: 17(of 21)

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	42:35	22:24	21	16:23	126	19:56	1.90	42:35	22:24	21	16:23	126	19:56
Wechsel S -> R	0.26	3:54	15:00	18	2:31	89	2:34	2.16	46:29	21:31	21	18:54	125	22:30
Schwimmen Total	2.16	46:29	21:31	21	18:54	125	22:30	2.16	46:29	21:31	21	18:54	125	22:30
Rad netto	93.00	3:01:57	1:57	18	42:24	97	1:07:22	95.16	3:48:26	2:24	21	57:38	113	1:21:10
Wechsel R -> L	0.13	1:34	12:03	11	0:43	38	0:53	95.29	3:50:00	2:24	21	57:45	109	57:45
Radfahren Total	93.13	3:03:31	1:58	18	42:31	94	42:31	95.29	3:50:00	2:24	21	57:45	109	57:45
Lauf	21.50	1:44:24	4:51	14	24:56	66	26:14	116.79	5:34:24	2:51	17	1:20:02	87	1:21:34