



Detailed evaluation

DIECKMANN, Lars

Total time: 5:34:59

Club: Woltersdorf

Number: 174

Course: 116.79 km

Rank in course/Total: 94 (of 154)

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

Rank in course/Men: 88 (of 137)

Best time in course: 4:12:50

Category:

Rank in category: 14(of 20)

SEN1 / TM 40

Best time in the category: 4:12:50

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	38:07	20:03	18	11:34	113	15:28	1.90	38:07	20:03	18	11:34	113	15:28
Wechsel S -> R	0.26	4:44	18:12	19	3:08	113	3:24	2.16	42:51	19:50	19	14:27	114	18:52
Schwimmen Total	2.16	42:51	19:50	19	14:27	114	18:52	2.16	42:51	19:50	19	14:27	114	18:52
Rad netto	93.00	2:47:32	1:48	5	25:38	51	52:57	95.16	3:30:23	2:12	10	38:11	65	1:03:07
Wechsel R -> L	0.13	3:58	30:30	20	3:12	128	3:17	95.29	3:34:21	2:14	10	41:23	67	42:06
Radfahren Total	93.13	2:51:30	1:50	7	28:50	56	30:30	95.29	3:34:21	2:14	10	41:23	67	42:06
Lauf	21.50	2:00:38	5:36	17	40:46	105	42:28	116.79	5:34:59	2:52	14	1:22:09	88	1:22:09