



Detailed evaluation

LAMMERT, Michael

Total time: 5:35:21

Club: Tri-Finisher Berlin e.V.

Number: 32

Course: 116.79 km

Rank in course/Total: 96 (of 154)

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

Rank in course/Men: 90 (of 137)

Best time in course: 4:12:50

Category:

Rank in category: 19(of 25)

SEN2 / TM 45

Best time in the category: 4:28:31

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	41:34	21:52	22	14:05	125	18:55	1.90	41:34	21:52	22	14:05	125	18:55
Wechsel S -> R	0.26	2:34	9:52	9	0:39	36	1:14	2.16	44:08	20:25	21	14:43	120	20:09
Schwimmen Total	2.16	44:08	20:25	21	14:43	120	20:09	2.16	44:08	20:25	21	14:43	120	20:09
Rad netto	93.00	2:56:01	1:53	18	24:31	77	1:01:26	95.16	3:40:09	2:18	17	38:13	88	1:12:53
Wechsel R -> L	0.13	1:28	11:16	5	0:25	32	0:47	95.29	3:41:37	2:19	17	38:12	83	49:22
Radfahren Total	93.13	2:57:29	1:54	18	24:46	73	36:29	95.29	3:41:37	2:19	17	38:12	83	49:22
Lauf	21.50	1:53:44	5:17	20	29:48	92	35:34	116.79	5:35:21	2:52	19	1:06:50	90	1:22:31