



Detailed evaluation

ENKE, Ronny

Total time: 5:39:47

Club: Koberbachtal-Triathlon
Number: 60

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

Rank in course/Total: 102 (of 154)

Rank in course/Men: 96 (of 137)

Best time in course: 4:12:50

Category:
SEN1 / TM 40

Rank in category: 16(of 20)

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	33:58	17:52	11	7:25	71	11:19	1.90	33:58	17:52	11	7:25	71	11:19
Wechsel S -> R	0.26	3:27	13:16	16	1:51	79	2:07	2.16	37:25	17:19	12	9:01	70	13:26
Schwimmen Total	2.16	37:25	17:19	12	9:01	70	13:26	2.16	37:25	17:19	12	9:01	70	13:26
Rad netto	93.00	3:01:26	1:57	17	39:32	94	1:06:51	95.16	3:38:51	2:17	14	46:39	84	1:11:35
Wechsel R -> L	0.13	1:38	12:33	6	0:52	41	0:57	95.29	3:40:29	2:18	14	47:31	82	48:14
Radfahren Total	93.13	3:03:04	1:57	16	40:24	92	42:04	95.29	3:40:29	2:18	14	47:31	82	48:14
Lauf	21.50	1:59:18	5:32	16	39:26	103	41:08	116.79	5:39:47	2:54	16	1:26:57	96	1:26:57