



Detailed evaluation

FREITAG, Marc

Total time: 5:43:09

Club: Berlin
Number: 84

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

Rank in course/Total: 106 (of 154)
Rank in course/Men: 100 (of 137)
Best time in course: 4:12:50

Category:
AK2 / TM 25

Rank in category: 6(of 9)
Best time in the category: 4:37:53

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	38:33	20:17	8	7:49	121	15:54	1.90	38:33	20:17	8	7:49	121	15:54
Wechsel S -> R	0.26	4:40	17:56	9	3:04	112	3:20	2.16	43:13	20:00	8	9:41	116	19:14
Schwimmen Total	2.16	43:13	20:00	8	9:41	116	19:14	2.16	43:13	20:00	8	9:41	116	19:14
Rad netto	93.00	3:09:38	2:02	7	29:33	115	1:15:03	95.16	3:52:51	2:26	7	37:02	118	1:25:35
Wechsel R -> L	0.13	2:48	21:32	6	1:34	111	2:07	95.29	3:55:39	2:28	7	38:36	117	1:03:24
Radfahren Total	93.13	3:12:26	2:03	7	31:07	115	51:26	95.29	3:55:39	2:28	7	38:36	117	1:03:24
Lauf	21.50	1:47:30	5:00	5	26:40	76	29:20	116.79	5:43:09	2:56	6	1:05:16	100	1:30:19