



Detailed evaluation

GLAS, Oliver

Total time: 5:45:01

Club: not fast but furious
Number: 53

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

Rank in course/Total: 108 (of 154)

Rank in course/Men: 102 (of 137)

Best time in course: 4:12:50

Category:
AK3 / TM 30

Rank in category: 21(of 23)

Best time in the category: 4:26:26

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	33:35	17:40	14	8:59	68	10:56	1.90	33:35	17:40	14	8:59	68	10:56
Wechsel S -> R	0.26	4:20	16:39	21	2:57	103	3:00	2.16	37:55	17:33	14	11:02	75	13:56
Schwimmen Total	2.16	37:55	17:33	14	11:02	75	13:56	2.16	37:55	17:33	14	11:02	75	13:56
Rad netto	93.00	3:04:13	1:58	22	33:29	106	1:09:38	95.16	3:42:08	2:20	21	41:25	97	1:14:52
Wechsel R -> L	0.13	1:41	12:56	10	1:00	47	1:00	95.29	3:43:49	2:20	19	42:01	92	51:34
Radfahren Total	93.13	3:05:54	1:59	22	34:06	103	44:54	95.29	3:43:49	2:20	19	42:01	92	51:34
Lauf	21.50	2:01:12	5:38	21	37:40	106	43:02	116.79	5:45:01	2:57	21	1:18:35	102	1:32:11