



Detailed evaluation

TIEBEN, Jörg

Club: Tri Team Gießen
Number: 161

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

Category:
SEN4 / TM 55

Total time: 5:46:53

Rank in course/Total: 111 (of 154)

Rank in course/Men: 104 (of 137)

Best time in course: 4:12:50

Rank in category: 5(of 7)

Best time in the category: 4:57:41

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	34:44	18:16	5	8:09	80	12:05	1.90	34:44	18:16	5	8:09	80	12:05
Wechsel S -> R	0.26	7:25	28:31	7	4:32	132	6:05	2.16	42:09	19:30	5	10:16	111	18:10
Schwimmen Total	2.16	42:09	19:30	5	10:16	111	18:10	2.16	42:09	19:30	5	10:16	111	18:10
Rad netto	93.00	3:11:38	2:03	6	29:48	118	1:17:03	95.16	3:53:47	2:27	6	37:42	120	1:26:31
Wechsel R -> L	0.13	3:51	29:36	7	2:09	127	3:10	95.29	3:57:38	2:29	6	39:34	119	1:05:23
Radfahren Total	93.13	3:15:29	2:05	6	31:40	117	54:29	95.29	3:57:38	2:29	6	39:34	119	1:05:23
Lauf	21.50	1:49:15	5:04	3	9:38	81	31:05	116.79	5:46:53	2:58	5	49:12	104	1:34:03