



Detailed evaluation

FLÖCK, Hans-Jörg

Club: Team Erdinger Alkoholfrei
Number: 154

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

Category:
SEN2 / TM 45

Total time: 5:49:27

Rank in course/Total: 116 (of 154)

Rank in course/Men: 109 (of 137)

Best time in course: 4:12:50

Rank in category: 22(of 25)

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	31:45	16:42	8	4:16	45	9:06	1.90	31:45	16:42	8	4:16	45	9:06
Wechsel S -> R	0.26	4:29	17:14	21	2:34	106	3:09	2.16	36:14	16:46	12	6:49	62	12:15
Schwimmen Total	2.16	36:14	16:46	12	6:49	62	12:15	2.16	36:14	16:46	12	6:49	62	12:15
Rad netto	93.00	3:14:03	2:05	22	42:33	121	1:19:28	95.16	3:50:17	2:25	23	48:21	116	1:23:01
Wechsel R -> L	0.13	2:26	18:43	22	1:23	101	1:45	95.29	3:52:43	2:26	23	49:18	115	1:00:28
Radfahren Total	93.13	3:16:29	2:06	22	43:46	120	55:29	95.29	3:52:43	2:26	23	49:18	115	1:00:28
Lauf	21.50	1:56:44	5:25	22	32:48	98	38:34	116.79	5:49:27	2:59	22	1:20:56	109	1:36:37