



Detailed evaluation

FRIEBE, Nora Elia

Total time: 5:49:32

Club: Leipzig

Number: 118

Course: 116.79 km

Rank in course/Total: 117 (of 154)

Mittel Distanz (1,9/93/21 km)

Rank in course/Women: 8 (of 17)

Best time in course: 5:01:22

Category:

Rank in category: 1(of 1)

AK1 / TW 20

Best time in the category: 5:49:32

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	1.90	43:23	22:50	1	-	15	15:25	1.90	43:23	22:50	1	-	15	15:25
Wechsel S -> R	0.26	6:23	24:33	1	-	17	4:27	2.16	49:46	23:02	1	-	15	19:28
Schwimmen Total	2.16	49:46	23:02	1	-	15	19:28	2.16	49:46	23:02	1	-	15	19:28
Rad netto	93.00	3:09:13	2:02	1	-	10	21:19	95.16	3:58:59	2:30	1	-	14	36:16
Wechsel R -> L	0.13	2:51	21:55	1	-	13	1:39	95.29	4:01:50	2:32	1	-	14	37:25
Radfahren Total	93.13	3:12:04	2:03	1	-	11	22:28	95.29	4:01:50	2:32	1	-	14	37:25
Lauf	21.50	1:47:42	5:00	1	-	6	13:00	116.79	5:49:32	2:59	1	-	8	48:10