



Detailed evaluation

KAMPHENKEL, Jens

Total time: 6:10:46

Club: Braunschweig
Number: 75

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

Rank in course/Total: 134 (of 154)

Rank in course/Men: 120 (of 137)

Best time in course: 4:12:50

Category:
SEN3 / TM 50

Rank in category: 19(of 24)

Best time in the category: 4:34:09

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	35:21	18:36	14	10:01	87	12:42	1.90	35:21	18:36	14	10:01	87	12:42
Wechsel S -> R	0.26	4:12	16:09	15	2:19	99	2:52	2.16	39:33	18:18	13	12:20	89	15:34
Schwimmen Total	2.16	39:33	18:18	13	12:20	89	15:34	2.16	39:33	18:18	13	12:20	89	15:34
Rad netto	93.00	3:02:01	1:57	15	1:07:26	98	1:07:26	95.16	3:41:34	2:19	15	1:14:18	94	1:14:18
Wechsel R -> L	0.13	3:26	26:24	22	2:20	125	2:45	95.29	3:45:00	2:21	14	47:09	97	52:45
Radfahren Total	93.13	3:05:27	1:59	16	34:49	100	44:27	95.29	3:45:00	2:21	14	47:09	97	52:45
Lauf	21.50	2:25:46	6:46	22	55:42	125	1:07:36	116.79	6:10:46	3:10	19	1:36:37	120	1:57:56