



Detailed evaluation

JONELAT, Dirk

Club: AOK Nordost
Number: 748

Course: 32.69 km
Jedermann/Sprint (0,7/28/3,6 km)

Category:
AK4 / TM 35

Total time: 1:19:19

Rank in course/Total: 38 (of 238)
Rank in course/Men: 38 (of 171)
Best time in course: 1:08:20
Rank in category: 8(of 32)
Best time in the category: 1:12:09

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	0.70	12:29	17:49	13	2:48	54	5:22	0.70	12:29	17:49	13	2:48	54	5:22
Wechsel S -> R	0.26	2:00	7:41	5	0:20	16	0:46	0.96	14:29	15:05	11	2:09	38	6:06
Schwimmen Total	0.96	14:29	15:05	11	2:09	38	6:06	0.96	14:29	15:05	11	2:09	38	6:06
Rad netto	28.00	50:49	1:48	10	6:13	56	49:58	28.96	1:05:18	2:15	10	6:21	49	48:52
Wechsel R -> L	0.13	0:47	6:01	1	-	12	0:11	29.09	1:06:05	2:16	9	6:09	46	8:59
Radfahren Total	28.13	51:36	1:50	10	6:00	53	6:06	29.09	1:06:05	2:16	9	6:09	46	8:59
Lauf	3.60	13:14	3:40	6	1:02	21	2:00	32.69	1:19:19	2:25	8	7:10	38	10:59