



Detailed evaluation

LIPPOLD, Ole

Total time: 1:23:13

Club: Berlin
Number: 826

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

Rank in course/Total: 63 (of 238)

Rank in course/Men: 60 (of 171)

Best time in course: 1:08:20

Category:
AK4 / TM 35

Rank in category: 11(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	9:41	13:50	1	-	5	2:34	0.70	9:41	13:50	1	-	5	2:34	
Wechsel S -> R	0.26	3:05	11:51	19	1:25	92	1:51	0.96	12:46	13:17	2	0:26	13	4:23	
Schwimmen Total	0.96	12:46	13:17	2	0:26	13	4:23	0.96	12:46	13:17	2	0:26	13	4:23	
Rad netto	28.00	54:17	1:56	20	9:41	92	53:26	28.96	1:07:03	2:18	12	8:06	58	50:37	
Wechsel R -> L	0.13	1:20	10:15	15	0:33	99	0:44	29.09	1:08:23	2:21	12	8:27	60	11:17	
Radfahren Total	28.13	55:37	1:58	21	10:01	91	10:07	29.09	1:08:23	2:21	12	8:27	60	11:17	
Lauf	3.60	14:50	4:07	9	2:38	62	3:36	32.69	1:23:13	2:32	11	11:04	60	14:53	