



## Detailed evaluation

### WESTPFAHL, Rainer

Club: SV Wasserfreunde Brandenburg  
Number: 698

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

Category:  
SEN4 / TM 55

Total time: 1:23:43

Rank in course/Total: 66 (of 238)

Rank in course/Men: 63 (of 171)

Best time in course: 1:08:20

Rank in category: 5(of 13)

Best time in the category: 1:18:37

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	16:23	23:24	11	4:31	137	9:16	0.70	16:23	23:24	11	4:31	137	9:16
Wechsel S -> R	0.26	2:02	7:49	1	-	17	0:48	0.96	18:25	19:11	8	4:09	105	10:02
Schwimmen Total	0.96	18:25	19:11	8	4:09	105	10:02	0.96	18:25	19:11	8	4:09	105	10:02
Rad netto	28.00	47:39	1:42	1	-	21	46:48	28.96	1:06:04	2:16	3	3:23	53	49:38
Wechsel R -> L	0.13	1:10	8:58	3	0:34	71	0:34	29.09	1:07:14	2:18	3	3:28	52	10:08
Radfahren Total	28.13	48:49	1:44	1	-	23	3:19	29.09	1:07:14	2:18	3	3:28	52	10:08
Lauf	3.60	16:29	4:34	6	3:25	109	5:15	32.69	1:23:43	2:33	5	5:06	63	15:23