



Detailed evaluation

KREUCHWIG, Lars

Total time: 1:25:14

Club: Bernau
Number: 676

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

Rank in course/Total: 74 (of 238)

Rank in course/Men: 69 (of 171)

Best time in course: 1:08:20

Category:
AK3 / TM 30

Rank in category: 8(of 20)

Best time in the category: 1:13:44

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	16:40	23:48	16	7:13	143	9:33	0.70	16:40	23:48	16	7:13	143	9:33
Wechsel S -> R	0.26	3:22	12:56	11	1:37	109	2:08	0.96	20:02	20:52	13	8:15	131	11:39
Schwimmen Total	0.96	20:02	20:52	13	8:15	131	11:39	0.96	20:02	20:52	13	8:15	131	11:39
Rad netto	28.00	50:41	1:48	6	4:38	55	49:50	28.96	1:10:43	2:26	9	11:30	81	54:17
Wechsel R -> L	0.13	0:54	6:55	4	0:15	32	0:18	29.09	1:11:37	2:27	9	11:22	83	14:31
Radfahren Total	28.13	51:35	1:50	6	4:45	52	6:05	29.09	1:11:37	2:27	9	11:22	83	14:31
Lauf	3.60	13:37	3:46	5	1:17	33	2:23	32.69	1:25:14	2:36	8	11:30	69	16:54