



## Detailed evaluation

**THOLEN, Heiko**

**Total time: 1:26:11**

Club: Hessenwinkler Old Boys  
Number: 775

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

Rank in course/Total: 83 (of 238)

Rank in course/Men: 76 (of 171)

Best time in course: 1:08:20

Category:  
AK4 / TM 35

Rank in category: 14(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	11:06	15:51	5	1:25	18	3:59	0.70	11:06	15:51	5	1:25	18	3:59
Wechsel S -> R	0.26	2:04	7:56	6	0:24	21	0:50	0.96	13:10	13:42	3	0:50	16	4:47
Schwimmen Total	0.96	13:10	13:42	3	0:50	16	4:47	0.96	13:10	13:42	3	0:50	16	4:47
Rad netto	28.00	53:23	1:54	16	8:47	83	52:32	28.96	1:06:33	2:17	11	7:36	54	50:07
Wechsel R -> L	0.13	1:11	9:06	12	0:24	77	0:35	29.09	1:07:44	2:19	11	7:48	53	10:38
Radfahren Total	28.13	54:34	1:56	16	8:58	82	9:04	29.09	1:07:44	2:19	11	7:48	53	10:38
Lauf	3.60	18:27	5:07	27	6:15	145	7:13	32.69	1:26:11	2:38	14	14:02	76	17:51