



## Detailed evaluation

**MARTINOWSKI, Paul**

Total time: 1:26:50

Club: MamaPapa  
Number: 768

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

Rank in course/Total: 90 (of 238)

Rank in course/Men: 79 (of 171)

Best time in course: 1:08:20

Category:  
AK4 / TM 35

Rank in category: 15(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	12:11	17:24	11	2:30	41	5:04	0.70	12:11	17:24	11	2:30	41	5:04
Wechsel S -> R	0.26	3:16	12:33	20	1:36	104	2:02	0.96	15:27	16:05	15	3:07	63	7:04
Schwimmen Total	0.96	15:27	16:05	15	3:07	63	7:04	0.96	15:27	16:05	15	3:07	63	7:04
Rad netto	28.00	53:51	1:55	18	9:15	89	53:00	28.96	1:09:18	2:23	15	10:21	75	52:52
Wechsel R -> L	0.13	1:38	12:33	25	0:51	128	1:02	29.09	1:10:56	2:26	16	11:00	76	13:50
Radfahren Total	28.13	55:29	1:58	20	9:53	87	9:59	29.09	1:10:56	2:26	16	11:00	76	13:50
Lauf	3.60	15:54	4:25	20	3:42	96	4:40	32.69	1:26:50	2:39	15	14:41	79	18:30