



Detailed evaluation

STRELOW-JACOB, Grit

Club: Bernauer Lauffreunde
Number: 890

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

Category:
SEN3 / TW 50

Total time: 1:24:11

Rank in course/Total: 69 (of 238)
Rank in course/Women: 4 (of 67)
Best time in course: 1:21:00
Rank in category: 2(of 7)
Best time in the category: 1:22:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.70	11:47	16:50	2	1:06	4	1:59	0.70	11:47	16:50	2	1:06	4	1:59
Wechsel S -> R	0.26	2:54	11:09	2	0:21	18	0:55	0.96	14:41	15:17	2	1:06	6	2:50
Schwimmen Total	0.96	14:41	15:17	2	1:06	6	2:50	0.96	14:41	15:17	2	1:06	6	2:50
Rad netto	28.00	53:23	1:54	3	1:33	6	1:33	28.96	1:08:04	2:21	2	2:39	4	3:01
Wechsel R -> L	0.13	1:13	9:21	3	0:13	23	0:32	29.09	1:09:17	2:22	2	2:23	4	3:22
Radfahren Total	28.13	54:36	1:56	3	1:17	5	1:17	29.09	1:09:17	2:22	2	2:23	4	3:22
Lauf	3.60	14:54	4:08	1	-	8	1:13	32.69	1:24:11	2:34	2	1:49	4	3:11