



Detailed evaluation

HEINEMANN, Manuel

Total time: 1:34:01

Club: Berlin
Number: 855

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

Rank in course/Total: 136 (of 238)

Rank in course/Men: 118 (of 171)

Best time in course: 1:08:20

Category:
AK4 / TM 35

Rank in category: 24(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	15:56	22:45	25	6:15	130	8:49	0.70	15:56	22:45	25	6:15	130	8:49
Wechsel S -> R	0.26	2:54	11:09	15	1:14	79	1:40	0.96	18:50	19:37	22	6:30	112	10:27
Schwimmen Total	0.96	18:50	19:37	22	6:30	112	10:27	0.96	18:50	19:37	22	6:30	112	10:27
Rad netto	28.00	59:05	2:06	25	14:29	135	58:14	28.96	1:17:55	2:41	25	18:58	132	1:01:29
Wechsel R -> L	0.13	1:03	8:04	9	0:16	56	0:27	29.09	1:18:58	2:42	27	19:02	128	21:52
Radfahren Total	28.13	1:00:08	2:08	27	14:32	133	14:38	29.09	1:18:58	2:42	27	19:02	128	21:52
Lauf	3.60	15:03	4:10	10	2:51	71	3:49	32.69	1:34:01	2:52	24	21:52	118	25:41