



Detailed evaluation

LUFT, Michael

Club: Königswarthaer SV
Number: 720

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

Category:
SEN3 / TM 50

Total time: 1:34:37

Rank in course/Total: 139 (of 238)

Rank in course/Men: 121 (of 171)

Best time in course: 1:08:20

Rank in category: 18(of 20)

Best time in the category: 1:12:01

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	16:39	23:47	20	6:34	142	9:32	0.70	16:39	23:47	20	6:34	142	9:32
Wechsel S -> R	0.26	2:39	10:11	13	0:52	65	1:25	0.96	19:18	20:06	19	6:57	121	10:55
Schwimmen Total	0.96	19:18	20:06	19	6:57	121	10:55	0.96	19:18	20:06	19	6:57	121	10:55
Rad netto	28.00	59:30	2:07	18	13:29	136	58:39	28.96	1:18:48	2:43	19	19:55	133	1:02:22
Wechsel R -> L	0.13	1:15	9:36	13	0:27	89	0:39	29.09	1:20:03	2:45	19	20:21	133	22:57
Radfahren Total	28.13	1:00:45	2:09	19	13:55	137	15:15	29.09	1:20:03	2:45	19	20:21	133	22:57
Lauf	3.60	14:34	4:02	7	2:15	57	3:20	32.69	1:34:37	2:53	18	22:36	122	26:17