



Detailed evaluation

SIEWERT, Christoph

Total time: 1:37:35

Club: Chemie Erkner

Number: 787

Course: 32.69 km

Rank in course/Total: 161 (of 238)

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

Rank in course/Men: 132 (of 171)

Best time in course: 1:08:20

Category:

Rank in category: 16(of 20)

AK3 / TM 30

Best time in the category: 1:13:44

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	17:03	24:21	19	7:36	151	9:56	0.70	17:03	24:21	19	7:36	151	9:56
Wechsel S -> R	0.26	4:16	16:24	16	2:31	142	3:02	0.96	21:19	22:12	19	9:32	145	12:56
Schwimmen Total	0.96	21:19	22:12	19	9:32	145	12:56	0.96	21:19	22:12	19	9:32	145	12:56
Rad netto	28.00	54:50	1:57	10	8:47	97	53:59	28.96	1:16:09	2:37	14	16:56	118	59:43
Wechsel R -> L	0.13	4:27	34:13	20	3:48	163	3:51	29.09	1:20:36	2:46	17	20:21	136	23:30
Radfahren Total	28.13	59:17	2:06	15	12:27	127	13:47	29.09	1:20:36	2:46	17	20:21	136	23:30
Lauf	3.60	16:59	4:43	16	4:39	121	5:45	32.69	1:37:35	2:59	17	23:51	133	29:15