



Detailed evaluation

KOCH, Nadine

Total time: 1:35:01

Club: Athletic Park
Number: 738

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

Rank in course/Total: 142 (of 238)

Rank in course/Women: 19 (of 67)

Best time in course: 1:21:00

Category:
SEN1 / TW 40

Rank in category: 3(of 10)

Best time in the category: 1:26:30

Control	Intermediate times							Stage score				Total ranking			
	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	15:31	22:10	7	2:44	32	5:43	0.70	15:31	22:10	7	2:44	32	5:43	
Wechsel S -> R	0.26	2:44	10:30	2	0:23	12	0:45	0.96	18:15	19:00	3	2:03	21	6:24	
Schwimmen Total	0.96	18:15	19:00	3	2:03	21	6:24	0.96	18:15	19:00	3	2:03	21	6:24	
Rad netto	28.00	59:12	2:06	5	6:35	28	7:22	28.96	1:17:27	2:40	3	8:38	21	12:24	
Wechsel R -> L	0.13	0:48	6:09	1	-	2	0:07	29.09	1:18:15	2:41	3	7:20	20	12:20	
Radfahren Total	28.13	1:00:00	2:07	3	5:17	25	6:41	29.09	1:18:15	2:41	3	7:20	20	12:20	
Lauf	3.60	16:46	4:39	3	2:42	22	3:05	32.69	1:35:01	2:54	3	8:31	19	14:01	