



Detailed evaluation

VON DEM KNESEBECK, Christiane

Total time: 1:36:09

Club: Hannover

Number: 839

Course: 32.69 km

Rank in course/Total: 151 (of 238)

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

Rank in course/Women: 24 (of 67)

Best time in course: 1:21:00

Category:

Rank in category: 3(of 7)

SEN2 / TW 45

Best time in the category: 1:28:19

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	15:32	22:11	4	2:36	33	5:44	0.70	15:32	22:11	4	2:36	33	5:44	
Wechsel S -> R	0.26	2:45	10:34	3	0:26	13	0:46	0.96	18:17	19:02	3	3:02	22	6:26	
Schwimmen Total	0.96	18:17	19:02	3	3:02	22	6:26	0.96	18:17	19:02	3	3:02	22	6:26	
Rad netto	28.00	1:01:23	2:11	3	7:28	36	9:33	28.96	1:19:40	2:45	3	9:51	32	14:37	
Wechsel R -> L	0.13	1:23	10:38	3	0:11	38	0:42	29.09	1:21:03	2:47	3	9:51	33	15:08	
Radfahren Total	28.13	1:02:46	2:13	3	7:09	36	9:27	29.09	1:21:03	2:47	3	9:51	33	15:08	
Lauf	3.60	15:06	4:11	1	-	12	1:25	32.69	1:36:09	2:56	3	7:50	24	15:09	