



Detailed evaluation

PAULISCH, Steffen

Total time: 1:39:06

Club: Erkner
Number: 632

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

Rank in course/Total: 176 (of 238)

Rank in course/Men: 140 (of 171)

Best time in course: 1:08:20

Category:
SEN2 / TM 45

Rank in category: 19(of 24)

Best time in the category: 1:11:42

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	14:53	21:15	15	4:29	103	7:46	0.70	14:53	21:15	15	4:29	103	7:46
Wechsel S -> R	0.26	6:53	26:28	24	5:13	166	5:39	0.96	21:46	22:40	23	9:27	152	13:23
Schwimmen Total	0.96	21:46	22:40	23	9:27	152	13:23	0.96	21:46	22:40	23	9:27	152	13:23
Rad netto	28.00	58:38	2:05	20	12:13	130	57:47	28.96	1:20:24	2:46	20	21:40	138	1:03:58
Wechsel R -> L	0.13	2:02	15:38	21	1:19	147	1:26	29.09	1:22:26	2:50	21	22:59	147	25:20
Radfahren Total	28.13	1:00:40	2:09	20	13:32	136	15:10	29.09	1:22:26	2:50	21	22:59	147	25:20
Lauf	3.60	16:40	4:37	14	4:25	116	5:26	32.69	1:39:06	3:01	19	27:24	141	30:46