



## Detailed evaluation

**GRUNOW, Christian**

**Total time: 1:39:41**

Club: Rangsdorf  
Number: 825

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

Rank in course/Total: 179 (of 238)

Rank in course/Men: 143 (of 171)

Best time in course: 1:08:20

Category:  
SEN4 / TM 55

Rank in category: 10(of 13)

Best time in the category: 1:18:37

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	15:53	22:41	10	4:01	129	8:46	0.70	15:53	22:41	10	4:01	129	8:46
Wechsel S -> R	0.26	4:15	16:20	10	2:13	137	3:01	0.96	20:08	20:58	11	5:52	133	11:45
Schwimmen Total	0.96	20:08	20:58	11	5:52	133	11:45	0.96	20:08	20:58	11	5:52	133	11:45
Rad netto	28.00	1:00:52	2:10	10	13:13	143	1:00:01	28.96	1:21:00	2:47	10	18:19	143	1:04:34
Wechsel R -> L	0.13	1:24	10:46	6	0:48	108	0:48	29.09	1:22:24	2:49	11	18:38	146	25:18
Radfahren Total	28.13	1:02:16	2:12	11	13:27	145	16:46	29.09	1:22:24	2:49	11	18:38	146	25:18
Lauf	3.60	17:17	4:48	8	4:13	130	6:03	32.69	1:39:41	3:02	10	21:04	144	31:21