



Detailed evaluation

Miro Mamas

Total time: 1:45:27

Club: Miro Mamas
Number: 927

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

Rank in course/Total: 23 (of 26)

Rank in course/Total: 23 (of 26)

Best time in course: 1:13:14

Category:
Staffel Sprint

Rank in category: 23(of 26)

Best time in the category: 1:13:14

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen nett	0.70	14:58	21:22	15	4:22	15	4:22	0.70	14:58	21:22	15	4:22	15	4:22
Wechsel S -> R	0.26	1:39	6:20	14	0:32	14	0:32	0.96	16:37	17:18	14	4:52	14	4:52
Schwimmen Total	0.96	16:37	17:18	14	4:52	14	4:52	0.96	16:37	17:18	14	4:52	14	4:52
Rad netto	28.00	1:06:49	2:23	21	19:51	21	19:51	28.96	1:23:26	2:52	22	24:04	22	24:04
Wechsel R -> L	0.13	0:49	6:16	14	0:14	14	0:14	29.09	1:24:15	2:53	24	24:12	24	24:12
Radfahren Total	28.13	1:07:38	2:24	22	20:00	22	20:00	29.09	1:24:15	2:53	24	24:12	24	24:12
Lauf	3.60	21:12	5:53	22	9:03	22	9:03	32.69	1:45:27	3:13	23	32:13	23	32:13