



Detailed evaluation

POGUNTKE, Michaela

Total time: 1:46:41

Club: TV Fürstenwalde 1990 e.V.
Number: 690

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

Rank in course/Total: 197 (of 238)

Rank in course/Women: 46 (of 67)

Best time in course: 1:21:00

Category:
AK4 / TW 35

Rank in category: 7(of 12)

Best time in the category: 1:24:44

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	19:26	27:45	12	6:46	65	9:38	0.70	19:26	27:45	12	6:46	65	9:38
Wechsel S -> R	0.26	3:42	14:13	7	1:12	38	1:43	0.96	23:08	24:05	11	7:43	61	11:17
Schwimmen Total	0.96	23:08	24:05	11	7:43	61	11:17	0.96	23:08	24:05	11	7:43	61	11:17
Rad netto	28.00	1:05:07	2:19	7	11:30	48	13:17	28.96	1:28:15	3:02	9	18:28	54	23:12
Wechsel R -> L	0.13	1:15	9:36	4	0:34	27	0:34	29.09	1:29:30	3:04	10	18:27	54	23:35
Radfahren Total	28.13	1:06:22	2:21	8	11:14	48	13:03	29.09	1:29:30	3:04	10	18:27	54	23:35
Lauf	3.60	17:11	4:46	5	3:30	26	3:30	32.69	1:46:41	3:15	7	21:57	46	25:41