



Detailed evaluation

SCHWELLNUS, Heike

Club: Schoeneiche
Number: 743

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

Category:
SEN2 / TW 45

Total time: 1:48:47

Rank in course/Total: 206 (of 238)

Rank in course/Women: 52 (of 67)

Best time in course: 1:21:00

Rank in category: 6(of 7)

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	17:32	25:02	7	4:36	59	7:44	0.70	17:32	25:02	7	4:36	59	7:44
Wechsel S -> R	0.26	6:08	23:35	7	3:49	64	4:09	0.96	23:40	24:39	7	8:25	64	11:49
Schwimmen Total	0.96	23:40	24:39	7	8:25	64	11:49	0.96	23:40	24:39	7	8:25	64	11:49
Rad netto	28.00	1:02:47	2:14	4	8:52	41	10:57	28.96	1:26:27	2:59	5	16:38	47	21:24
Wechsel R -> L	0.13	1:18	10:00	2	0:06	33	0:37	29.09	1:27:45	3:00	5	16:33	48	21:50
Radfahren Total	28.13	1:04:05	2:16	4	8:28	41	10:46	29.09	1:27:45	3:00	5	16:33	48	21:50
Lauf	3.60	21:02	5:50	7	5:56	57	7:21	32.69	1:48:47	3:19	6	20:28	52	27:47