



Detailed evaluation

Lantow, Sören

Club: Berlin
Number: 249

Course: 51.89 km
Olympisch

Category:
AK3 / TM 30

Total time: 3:12:30

Rank in course/Total: 186 (of 236)

Rank in course/Men: 162 (of 198)

Best time in course: 2:14:41

Rank in category: 36(of 45)

Best time in the category: 2:14:41

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	1.50	39:57	26:38	26	15:15	131	15:15	1.50	39:57	26:38	26	15:15	131	15:15
Wechsel S -> R	0.26	3:01	11:36	23	1:41	86	1:41	1.76	42:58	24:24	24	16:03	120	16:03
Schwimmen Total	1.76	42:58	24:24	24	16:03	120	16:03	1.76	42:58	24:24	24	16:03	120	16:03
Rad netto	40.00	1:18:58	1:58	29	16:34	126	16:34	41.76	2:01:56	2:55	27	31:33	124	31:33
Wechsel R -> L	0.13	1:51	14:13	23	1:00	107	1:05	41.89	2:03:47	2:57	26	32:05	120	32:05
Rad Total	40.13	1:20:49	2:00	29	17:34	125	17:34	41.89	2:03:47	2:57	26	32:05	120	32:05
Lauf	10.00	1:08:43	6:52	41	27:12	189	30:32	51.89	3:12:30	3:42	36	57:49	163	57:49