



Detailed evaluation

Sederstroem, Jakob

Total time: 3:30:28

Club: Schöneiche

Number: 402

Course: 51.89 km

Rank in course/Total: 208 (of 236)

Olympisch

Rank in course/Men: 177 (of 198)

Best time in course: 2:14:41

Category:

Rank in category: 10(of 11)

AK1 / TM 20

Best time in the category: 2:33:33

Intermediate times

Stage score

Total ranking

| Control         | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score |            | Total ranking |            |              |          |             |         |            |
|-----------------|----------|------------|--------------|----------|-------------|-------------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
|                 |          |            |              |          |             | Pos Men     | Behind Men | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Schwimmen nett  | 1.50     | 50:16      | 33:30        | 9        | 18:22       | 185         | 25:34      | 1.50          | 50:16      | 33:30        | 9        | 18:22       | 185     | 25:34      |
| Wechsel S -> R  | 0.26     | 5:29       | 21:05        | 10       | 3:39        | 180         | 4:09       | 1.76          | 55:45      | 31:40        | 10       | 22:01       | 186     | 28:50      |
| Schwimmen Total | 1.76     | 55:45      | 31:40        | 10       | 22:01       | 186         | 28:50      | 1.76          | 55:45      | 31:40        | 10       | 22:01       | 186     | 28:50      |
| Rad netto       | 40.00    | 1:27:50    | 2:11         | 10       | 17:33       | 175         | 25:26      | 41.76         | 2:23:35    | 3:26         | 10       | 39:34       | 178     | 53:12      |
| Wechsel R -> L  | 0.13     | 1:27       | 11:09        | 7        | 0:35        | 62          | 0:41       | 41.89         | 2:25:02    | 3:27         | 10       | 40:09       | 176     | 53:20      |
| Rad Total       | 40.13    | 1:29:17    | 2:13         | 10       | 18:08       | 170         | 26:02      | 41.89         | 2:25:02    | 3:27         | 10       | 40:09       | 176     | 53:20      |
| Lauf            | 10.00    | 1:05:26    | 6:32         | 11       | 18:50       | 180         | 27:15      | 51.89         | 3:30:28    | 4:03         | 10       | 56:55       | 179     | 1:15:47    |