



Detailed evaluation

Zeiske, Ronny

Total time: 4:55:31

Club: Berlin

Number: 79

Course: 116.79 km

Rank in course/Total: 4 (of 87)

Mittel Distanz

Rank in course/Men: 4 (of 76)

Best time in course: 4:35:09

Category:

Rank in category: 1(of 9)

SEN3 / TM 50

Best time in the category: 4:55:31

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	1.90	28:23	14:56	1	-	4	26:50	1.90	28:23	14:56	1	-	4	26:50
Wechsel S -> R	0.26	2:07	8:08	2	0:14	4	0:30	2.16	30:30	14:07	1	-	1	-
Schwimmen Total	2.16	30:30	14:07	1	-	1	-	2.16	30:30	14:07	1	-	1	-
Rad netto	93.00	2:41:33	1:44	1	-	4	29:59	95.16	3:12:03	2:01	1	-	4	18:40
Wechsel R -> L	0.13	1:10	8:58	1	-	4	0:09	95.29	3:13:13	2:01	1	-	3	4:49
Rad Total	93.13	2:42:43	1:44	1	-	3	15:21	95.29	3:13:13	2:01	1	-	3	4:49
Lauf	21.50	1:42:18	4:45	1	-	12	15:33	116.79	4:55:31	2:31	1	-	4	20:22