



Detailed evaluation

Heller, Sebastian

Total time: 5:25:27

Club: Schöneiche

Number: 27

Course: 116.79 km

Rank in course/Total: 23 (of 87)

Mittel Distanz

Rank in course/Men: 22 (of 76)

Best time in course: 4:35:09

Category:

Rank in category: 5(of 17)

AK3 / TM 30

Best time in the category: 5:03:54

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	37:49	19:54	8	1:41	31	36:16	1.90	37:49	19:54	8	1:41	31	36:16
Wechsel S -> R	0.26	3:16	12:33	10	1:00	40	1:39	2.16	41:05	19:01	6	2:33	28	10:35
Schwimmen Total	2.16	41:05	19:01	6	2:33	28	10:35	2.16	41:05	19:01	6	2:33	28	10:35
Rad netto	93.00	2:58:59	1:55	10	47:25	41	47:25	95.16	3:40:04	2:18	10	46:41	40	46:41
Wechsel R -> L	0.13	1:04	8:12	2	0:03	2	0:03	95.29	3:41:08	2:19	9	13:31	39	32:44
Rad Total	93.13	3:00:03	1:55	8	13:41	37	32:41	95.29	3:41:08	2:19	9	13:31	39	32:44
Lauf	21.50	1:44:19	4:51	4	8:02	16	17:34	116.79	5:25:27	2:47	5	21:33	22	50:18