



Detailed evaluation

Barnewold, Klaus

Club: Porta Westfalica

Number: 5

Course: 116.79 km

Mittel Distanz

Category:

SEN4 / TM 55

Total time: 5:50:56

Rank in course/Total: 52 (of 87)

Rank in course/Men: 49 (of 76)

Best time in course: 4:35:09

Rank in category: 3(of 3)

Best time in the category: 5:41:26

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	43:57	23:07	3	7:14	67	42:24	1.90	43:57	23:07	3	7:14	67	42:24
Wechsel S -> R	0.26	4:44	18:12	3	2:33	68	3:07	2.16	48:41	22:32	3	9:47	68	18:11
Schwimmen Total	2.16	48:41	22:32	3	9:47	68	18:11	2.16	48:41	22:32	3	9:47	68	18:11
Rad netto	93.00	3:10:11	2:02	3	12:22	60	58:37	95.16	3:58:52	2:30	3	20:28	64	1:05:29
Wechsel R -> L	0.13	2:49	21:40	3	0:52	62	1:48	95.29	4:01:41	2:32	3	20:46	62	53:17
Rad Total	93.13	3:13:00	2:04	3	12:40	58	45:38	95.29	4:01:41	2:32	3	20:46	62	53:17
Lauf	21.50	1:49:15	5:04	1	-	26	22:30	116.79	5:50:56	3:00	3	9:30	49	1:15:47