



Detailed evaluation

Rasser, Jens

Club: Sundhagen

Number: 56

Course: 116.79 km

Mittel Distanz

Category:

SEN3 / TM 50

Total time: 6:31:53

Rank in course/Total: 75 (of 87)

Rank in course/Men: 68 (of 76)

Best time in course: 4:35:09

Rank in category: 8(of 9)

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. | 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 | 1.90 | 49:15 | 25:55 | 8 | 20:52 | 75 | 47:42 | 1.90 | 49:15 | 25:55 | 8 | 20:52 | 75 | 47:42 |
| Wechsel S -> R | 0.26 | 3:56 | 15:07 | 7 | 2:03 | 58 | 2:19 | 2.16 | 53:11 | 24:37 | 8 | 22:41 | 74 | 22:41 |
| Schwimmen Total | 2.16 | 53:11 | 24:37 | 8 | 22:41 | 74 | 22:41 | 2.16 | 53:11 | 24:37 | 8 | 22:41 | 74 | 22:41 |
| Rad netto | 93.00 | 3:20:00 | 2:09 | 8 | 38:27 | 70 | 1:08:26 | 95.16 | 4:13:11 | 2:39 | 8 | 1:01:08 | 72 | 1:19:48 |
| Wechsel R -> L | 0.13 | 2:30 | 19:13 | 5 | 1:20 | 54 | 1:29 | 95.29 | 4:15:41 | 2:40 | 8 | 1:02:28 | 70 | 1:07:17 |
| Rad Total | 93.13 | 3:22:30 | 2:10 | 8 | 39:47 | 68 | 55:08 | 95.29 | 4:15:41 | 2:40 | 8 | 1:02:28 | 70 | 1:07:17 |
| Lauf | 21.50 | 2:16:12 | 6:20 | 8 | 33:54 | 62 | 49:27 | 116.79 | 6:31:53 | 3:21 | 8 | 1:36:22 | 68 | 1:56:44 |