



Detailed evaluation

Mainka, Frank

Club: Plauen

Number: 678

Course: 32.69 km

Jedermann/Sprint

Category:

SEN3 / TM 50

Total time: 1:26:23

Rank in course/Total: 35 (of 318)

Rank in course/Men: 33 (of 226)

Best time in course: 1:14:36

Rank in category: 4(of 28)

Best time in the category: 1:22:54

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	0.70	19:07	27:18	17	5:18	118	7:35	0.70	19:07	27:18	17	5:18	118	7:35
Wechsel S -> R	0.26	2:28	9:29	7	0:38	57	1:08	0.96	21:35	22:28	14	5:34	103	8:37
Schwimmen Total	0.96	21:35	22:28	14	5:34	103	8:37	0.96	21:35	22:28	14	5:34	103	8:37
Rad netto	28.00	49:04	1:45	3	1:32	25	3:45	28.96	1:10:39	2:26	6	4:21	47	10:36
Wechsel R -> L	0.13	1:03	8:04	2	0:04	39	0:25	29.09	1:11:42	2:27	5	4:00	44	11:00
Rad Total	28.13	50:07	1:46	3	1:11	23	4:05	29.09	1:11:42	2:27	5	4:00	44	11:00
Lauf	3.60	14:41	4:04	1	-	18	1:26	32.69	1:26:23	2:38	4	3:29	33	11:47