



Detailed evaluation

Ben El Cadi, Ahmed

Total time: 1:29:04

Club: Berlin

Number: 514

Course: 32.69 km

Rank in course/Total: 60 (of 318)

Jedermann/Sprint

Rank in course/Men: 53 (of 226)

Best time in course: 1:14:36

Category:

Rank in category: 12(of 35)

AK3 / TM 30

Best time in the category: 1:17:33

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	15:52	22:40	5	2:58	33	4:20	0.70	15:52	22:40	5	2:58	33	4:20
Wechsel S -> R	0.26	1:55	7:22	5	0:27	21	0:35	0.96	17:47	18:31	7	2:25	26	4:49
Schwimmen Total	0.96	17:47	18:31	7	2:25	26	4:49	0.96	17:47	18:31	7	2:25	26	4:49
Rad netto	28.00	54:10	1:56	21	8:15	128	8:51	28.96	1:11:57	2:29	12	8:17	71	11:54
Wechsel R -> L	0.13	0:59	7:33	12	0:21	31	0:21	29.09	1:12:56	2:30	10	8:38	64	12:14
Rad Total	28.13	55:09	1:57	20	8:36	116	9:07	29.09	1:12:56	2:30	10	8:38	64	12:14
Lauf	3.60	16:08	4:28	14	2:53	58	2:53	32.69	1:29:04	2:43	12	11:31	53	14:28