



Detailed evaluation

Beneke, Dagmar

Total time: 1:29:41

Club: Berlin

Number: 515

Course: 32.69 km

Rank in course/Total: 70 (of 318)

Jedermann/Sprint

Rank in course/Women: 8 (of 92)

Best time in course: 1:23:10

Category:

Rank in category: 1(of 12)

SEN3 / TW 50

Best time in the category: 1:29:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.70	17:46	25:22	2	1:00	24	4:15	0.70	17:46	25:22	2	1:00	24	4:15
Wechsel S -> R	0.26	2:20	8:58	3	0:24	19	0:54	0.96	20:06	20:56	2	1:08	21	5:05
Schwimmen Total	0.96	20:06	20:56	2	1:08	21	5:05	0.96	20:06	20:56	2	1:08	21	5:05
Rad netto	28.00	51:50	1:51	1	-	6	1:27	28.96	1:11:56	2:29	1	-	9	5:31
Wechsel R -> L	0.13	1:44	13:20	6	0:34	63	0:56	29.09	1:13:40	2:31	2	0:08	11	6:26
Rad Total	28.13	53:34	1:54	1	-	7	2:07	29.09	1:13:40	2:31	2	0:08	11	6:26
Lauf	3.60	16:01	4:26	1	-	8	1:28	32.69	1:29:41	2:44	1	-	8	6:31