



Detailed evaluation

Harding, Ingo

Club: Mahlow

Number: 605

Course: 32.69 km

Jedermann/Sprint

Category:

SEN2 / TM 45

Total time: 1:34:24

Rank in course/Total: 130 (of 318)

Rank in course/Men: 114 (of 226)

Best time in course: 1:14:36

Rank in category: 10(of 22)

Best time in the category: 1:19:17

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	19:50	28:19	13	6:21	146	8:18	0.70	19:50	28:19	13	6:21	146	8:18
Wechsel S -> R	0.26	2:35	9:56	4	0:42	70	1:15	0.96	22:25	23:21	12	6:48	126	9:27
Schwimmen Total	0.96	22:25	23:21	12	6:48	126	9:27	0.96	22:25	23:21	12	6:48	126	9:27
Rad netto	28.00	53:39	1:54	12	7:42	119	8:20	28.96	1:16:04	2:37	11	13:09	125	16:01
Wechsel R -> L	0.13	1:26	11:01	10	0:29	114	0:48	29.09	1:17:30	2:39	11	13:32	122	16:48
Rad Total	28.13	55:05	1:57	12	8:05	115	9:03	29.09	1:17:30	2:39	11	13:32	122	16:48
Lauf	3.60	16:54	4:41	9	2:20	89	3:39	32.69	1:34:24	2:53	10	15:07	115	19:48