



Detailed evaluation

Koch, Nadine

Total time: 1:35:04

Club: Erkner

Number: 644

Course: 32.69 km

Rank in course/Total: 139 (of 318)

Jedermann/Sprint

Rank in course/Women: 20 (of 92)

Best time in course: 1:23:10

Category:

Rank in category: 3(of 21)

SEN1 / TW 40

Best time in the category: 1:30:04

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	18:43	26:44	7	2:00	31	5:12	0.70	18:43	26:44	7	2:00	31	5:12
Wechsel S -> R	0.26	2:27	9:25	5	0:36	22	1:01	0.96	21:10	22:02	4	1:42	27	6:09
Schwimmen Total	0.96	21:10	22:02	4	1:42	27	6:09	0.96	21:10	22:02	4	1:42	27	6:09
Rad netto	28.00	55:52	1:59	5	2:04	25	5:29	28.96	1:17:02	2:39	3	3:18	22	10:37
Wechsel R -> L	0.13	0:56	7:10	1	-	4	0:08	29.09	1:17:58	2:40	3	3:09	22	10:44
Rad Total	28.13	56:48	2:01	4	2:02	22	5:21	29.09	1:17:58	2:40	3	3:09	22	10:44
Lauf	3.60	17:06	4:45	4	1:51	15	2:33	32.69	1:35:04	2:54	3	5:00	20	11:54