



Detailed evaluation

Helbing, Christoph

Total time: 1:39:16

Club: Erkner

Number: 612

Course: 32.69 km

Rank in course/Total: 180 (of 318)

Jedermann/Sprint

Rank in course/Men: 154 (of 226)

Best time in course: 1:14:36

Category:

Rank in category: 32(of 40)

AK4 / TM 35

Best time in the category: 1:19:08

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	22:05	31:32	36	8:31	196	10:33	0.70	22:05	31:32	36	8:31	196	10:33
Wechsel S -> R	0.26	3:10	12:10	24	1:31	129	1:50	0.96	25:15	26:18	35	9:36	190	12:17
Schwimmen Total	0.96	25:15	26:18	35	9:36	190	12:17	0.96	25:15	26:18	35	9:36	190	12:17
Rad netto	28.00	56:00	2:00	31	10:29	165	10:41	28.96	1:21:15	2:48	33	18:27	178	21:12
Wechsel R -> L	0.13	1:36	12:18	25	0:44	140	0:58	29.09	1:22:51	2:50	32	18:46	175	22:09
Rad Total	28.13	57:36	2:02	31	10:48	163	11:34	29.09	1:22:51	2:50	32	18:46	175	22:09
Lauf	3.60	16:25	4:33	13	2:57	70	3:10	32.69	1:39:16	3:02	32	20:08	155	24:40