



Detailed evaluation

Menden, Rainer

Total time: 1:39:44

Club: Unkel

Number: 689

Course: 32.69 km

Rank in course/Total: 187 (of 318)

Jedermann/Sprint

Rank in course/Men: 158 (of 226)

Best time in course: 1:14:36

Category:

Rank in category: 3(of 5)

SEN5 / TM 60

Best time in the category: 1:29:15

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	20:08	28:45	2	2:13	153	8:36	0.70	20:08	28:45	2	2:13	153	8:36
Wechsel S -> R	0.26	3:55	15:03	4	1:51	178	2:35	0.96	24:03	25:03	3	4:04	173	11:05
Schwimmen Total	0.96	24:03	25:03	3	4:04	173	11:05	0.96	24:03	25:03	3	4:04	173	11:05
Rad netto	28.00	54:53	1:57	3	3:21	148	9:34	28.96	1:18:56	2:43	3	7:25	159	18:53
Wechsel R -> L	0.13	2:15	17:18	4	1:18	197	1:37	29.09	1:21:11	2:47	3	8:43	161	20:29
Rad Total	28.13	57:08	2:01	3	4:39	157	11:06	29.09	1:21:11	2:47	3	8:43	161	20:29
Lauf	3.60	18:33	5:09	3	2:39	145	5:18	32.69	1:39:44	3:03	3	10:29	159	25:08