



Detailed evaluation

Lau, Matthias

Club: Berlin

Number: 666

Course: 32.69 km

Jedermann/Sprint

Category:

SEN1 / TM 40

Total time: 1:41:49

Rank in course/Total: 205 (of 318)

Rank in course/Men: 169 (of 226)

Best time in course: 1:14:36

Rank in category: 28(of 39)

Best time in the category: 1:22:32

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	22:08	31:37	32	9:15	197	10:36	0.70	22:08	31:37	32	9:15	197	10:36
Wechsel S -> R	0.26	3:52	14:52	32	2:06	175	2:32	0.96	26:00	27:05	31	10:55	197	13:02
Schwimmen Total	0.96	26:00	27:05	31	10:55	197	13:02	0.96	26:00	27:05	31	10:55	197	13:02
Rad netto	28.00	56:02	2:00	31	8:09	166	10:43	28.96	1:22:02	2:49	30	15:46	180	21:59
Wechsel R -> L	0.13	1:03	8:04	4	0:12	39	0:25	29.09	1:23:05	2:51	30	15:17	176	22:23
Rad Total	28.13	57:05	2:01	30	7:40	155	11:03	29.09	1:23:05	2:51	30	15:17	176	22:23
Lauf	3.60	18:44	5:12	27	4:00	150	5:29	32.69	1:41:49	3:06	28	19:17	170	27:13