



Detailed evaluation

Rugebrothers

Total time: 5:40:27

Number: 111

Speed: 20.53 km/h

Running performance: 2:55 min/km

Course: 116.50 km

Mittel Distanz Staffel

Rank in course: 7 (of 12)

Best time in course: 4:12:53

Category:

Rank in category: 7(of 12)

Staffel

Best time in the category: 4:12:53

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen nett	1.90	36:11	19:02	6	5:31	6	5:31	1.90	36:11	19:02	6	5:31	6	5:31
Wechsel S -> R	0.30	1:33	5:10	11	0:37	11	0:37	2.20	37:44	17:09	6	6:08	6	6:08
Rad netto	93.00	3:00:48	1:56	6	43:32	6	43:32	95.20	3:38:32	2:17	5	49:40	5	49:40
Wechsel R -> L	0.30	1:25	4:43	11	0:40	11	0:40	95.50	3:39:57	2:18	5	50:20	5	50:20
Lauf	21.00	2:00:30	5:44	9	37:14	9	37:14	116.50	5:40:27	2:55	7	1:27:34	7	1:27:34