



Detailed evaluation

moving forward

Number: 104

Course: 116.50 km

Mittel Distanz Staffel

Category:

Staffel

Total time: 5:55:15

Speed: 19.68 km/h

Running performance: 3:03 min/km

Rank in course: 10 (of 12)

Best time in course: 4:12:53

Rank in category: 10(of 12)

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	35:26	18:38	5	4:46	5	4:46	1.90	35:26	18:38	5	4:46	5	4:46
Wechsel S -> R	0.30	1:26	4:46	8	0:30	8	0:30	2.20	36:52	16:45	5	5:16	5	5:16
Rad netto	93.00	3:07:13	2:00	7	49:57	7	49:57	95.20	3:44:05	2:21	7	55:13	7	55:13
Wechsel R -> L	0.30	5:30	18:20	12	4:45	12	4:45	95.50	3:49:35	2:24	8	59:58	8	59:58
Lauf	21.00	2:05:40	5:59	10	42:24	10	42:24	116.50	5:55:15	3:02	10	1:42:22	10	1:42:22