



Detailed evaluation

Biotop Rüdnitz e.V.

Number: 927

Course: 32.35 km

Jedermann/Sprint Distanz Staffel

Category:

Sprint Staffel

Total time: 1:46:07

Speed: 18.09 km/h

Running performance: 3:17 min/km

Rank in course: 28 (of 33)

Best time in course: 1:14:41

Rank in category: 28(of 33)

Best time in the category: 1:14:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	
Schwimmen nett	0.70	21:28	30:40	22	11:53	22	11:53	0.70	21:28	30:40	22	11:53	22	11:53	
Wechsel S -> R	0.03	1:36	53:20	24	0:39	24	0:39	0.73	23:04	31:35	20	12:30	20	12:30	
Rad netto	28.00	56:45	2:01	20	10:55	20	10:55	28.73	1:19:49	2:46	22	19:33	22	19:33	
Wechsel R -> L	0.03	2:16	75:33	33	1:41	33	1:41	28.76	1:22:05	2:51	25	21:09	25	21:09	
Lauf	3.60	24:02	6:40	30	10:17	30	10:17	32.35	1:46:07	3:16	28	31:26	28	31:26	