



Detailed evaluation

Alt Lankwitz goes Kona

Number: 468

Course: 51.50 km

Olympische Distanz Staffel

Category:

Staffel

Total time: 2:32:01

Speed: 20.33 km/h

Running performance: 2:57 min/km

Rank in course: 8 (of 29)

Best time in course: 2:07:13

Rank in category: 8(of 29)

Best time in the category: 2:07:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen nett	1.50	30:01	20:00	8	4:08	8	4:08	1.50	30:01	20:00	8	4:08	8	4:08
Wechsel S -> R	-	1:13	-	10	0:11	10	0:11	1.50	31:14	-	8	3:48	8	3:48
Rad netto	40.00	1:10:26	1:45	9	12:18	9	12:18	41.50	1:41:40	2:26	9	11:42	9	11:42
Wechsel R -> L	-	0:56	-	25	0:20	25	0:20	41.50	1:42:36	-	9	11:55	9	11:55
Lauf	10.00	49:25	4:56	13	12:53	13	12:53	51.50	2:32:01	2:57	8	24:48	8	24:48