



Detailed evaluation

Heerd, Ramona

Total time: 1:14:16

Number: 292

Course: 25.55 km

Rank in course/Total: 28 (of 84)

Chari Tria (0,55-20,0-5,0)

Rank in course/Women: 4 (of 22)

Best time in course: 1:03:29

Category:

Rank in category: 1(of 4)

Seniorinnen 1 WK40

Best time in the category: 1:14:16

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.55	11:54	21:38	1	-	8	1:48	0.55	11:54	21:38	1	-	8	1:48
Wechsel S -> R	-	2:01	-	1	-	4	0:35	0.55	13:55	25:18	1	-	7	2:23
Schwimmen Total	0.55	13:55	25:18	1	-	7	2:23	0.55	13:55	25:18	1	-	7	2:23
Rad netto	20.00	35:41	1:47	1	-	6	6:36	20.55	49:36	2:24	1	-	6	5:37
Wechsel R -> L	-	0:58	-	1	-	3	0:08	20.55	50:34	2:27	1	-	5	5:45
Rad Total	20.00	36:39	1:49	1	-	5	6:16	20.55	50:34	2:27	1	-	5	5:45
Lauf	5.00	23:42	4:44	1	-	4	5:02	25.55	1:14:16	2:54	1	-	4	10:47