



Detailed evaluation

Gierok, Sonja

Total time: 1:22:24

Number: 322

Course: 25.55 km

Rank in course/Total: 52 (of 84)

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

Rank in course/Women: 10 (of 22)

Best time in course: 1:03:29

Category:

Rank in category: 1(of 3)

Seniorinnen 3 WK50

Best time in the category: 1:22:24

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	12:07	22:01	1	-	10	2:01	0.55	12:07	22:01	1	-	10	2:01
Wechsel S -> R	-	3:30	-	2	0:05	15	2:04	0.55	15:37	28:23	1	-	10	4:05
Schwimmen Total	0.55	15:37	28:23	1	-	10	4:05	0.55	15:37	28:23	1	-	10	4:05
Rad netto	20.00	38:11	1:54	1	-	8	9:06	20.55	53:48	2:37	1	-	9	9:49
Wechsel R -> L	-	1:23	-	3	0:27	14	0:33	20.55	55:11	2:41	1	-	9	10:22
Rad Total	20.00	39:34	1:58	1	-	8	9:11	20.55	55:11	2:41	1	-	9	10:22
Lauf	5.00	27:13	5:26	1	-	9	8:33	25.55	1:22:24	3:13	1	-	10	18:55