



Detailed evaluation

Donig, Silke

Total time: 2:38:10

Number: 40

Course: 49.25 km

Rank in course/Total: 30 (of 46)

Chari Tria Olymp (1,25-38.0-10,0)

Rank in course/Women: 5 (of 10)

Best time in course: 2:08:17

Category:

Rank in category: 3(of 4)

Seniorinnen 1 WK40

Best time in the category: 2:13:11

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	1.25	29:00	23:11	3	7:55	8	8:52	1.25	29:00	23:11	3	7:55	11	8:52
Wechsel S -> R	-	4:25	-	4	2:34	9	2:50	1.25	33:25	26:43	4	10:29	11	11:42
Schwimmen Total	1.25	33:25	26:43	4	10:29	11	11:42	1.25	33:25	26:43	4	10:29	11	11:42
Rad netto	38.00	1:14:33	1:57	2	9:04	4	13:12	39.25	1:47:58	2:45	3	19:33	11	21:28
Wechsel R -> L	-	1:53	-	4	0:50	8	0:55	39.25	1:49:51	2:47	3	20:23	11	22:22
Rad Total	38.00	1:16:26	2:00	2	9:54	4	14:06	39.25	1:49:51	2:47	3	20:23	11	22:22
Lauf	10.00	48:19	4:49	2	4:36	3	7:31	49.25	2:38:10	3:12	3	24:59	5	29:53