



Detailed evaluation

Bork, Dione

Total time: 1:38:30

Number: 289

Course: 25.55 km

Rank in course/Total: 72 (of 84)

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

Rank in course/Women: 15 (of 22)

Best time in course: 1:03:29

Category:

Rank in category: 4(of 4)

Seniorinnen 1 WK40

Best time in the category: 1:14:16

Control	Intermediate times				Stage score				Total ranking					
	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	13:53	25:14	3	1:59	13	3:47	0.55	13:53	25:14	3	1:59	13	3:47
Wechsel S -> R	-	3:28	-	4	1:27	14	2:02	0.55	17:21	31:32	3	3:26	13	5:49
Schwimmen Total	0.55	17:21	31:32	3	3:26	13	5:49	0.55	17:21	31:32	3	3:26	13	5:49
Rad netto	20.00	48:10	2:24	4	12:29	15	19:05	20.55	1:05:31	3:11	4	15:55	15	21:32
Wechsel R -> L	-	1:55	-	4	0:57	19	1:05	20.55	1:07:26	3:16	4	16:52	15	22:37
Rad Total	20.00	50:05	2:30	4	13:26	15	19:42	20.55	1:07:26	3:16	4	16:52	15	22:37
Lauf	5.00	31:04	6:12	4	7:22	14	12:24	25.55	1:38:30	3:51	4	24:14	15	35:01