



Detailed evaluation

Frese, Michael

Total time: 1:39:04

Number: 271

Course: 25.55 km

Rank in course/Total: 73 (of 84)

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

Rank in course/Men: 58 (of 62)

Best time in course: 58:18

Category:

Rank in category: 5(of 6)

Senioren 4 MK55

Best time in the category: 1:10:28

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.55	14:50	26:58	6	4:53	58	7:17	0.55	14:50	26:58	6	4:53	58	7:17
Wechsel S -> R	-	3:58	-	5	1:56	58	2:50	0.55	18:48	34:10	6	6:49	57	9:55
Schwimmen Total	0.55	18:48	34:10	6	6:49	57	9:55	0.55	18:48	34:10	6	6:49	57	9:55
Rad netto	20.00	47:12	2:21	5	12:44	58	25:52	20.55	1:06:00	3:12	5	19:33	61	26:55
Wechsel R -> L	-	1:34	-	6	0:33	44	0:54	20.55	1:07:34	3:17	5	20:06	57	26:54
Rad Total	20.00	48:46	2:26	5	13:17	57	24:28	20.55	1:07:34	3:17	5	20:06	57	26:54
Lauf	5.00	31:30	6:17	6	8:41	59	13:52	25.55	1:39:04	3:52	5	28:36	58	40:46