



Detailed evaluation

Sonthoff, Volker

Total time: 1:04:48

Number: 259

Course: 25.55 km

Rank in course/Total: 5 (of 84)

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

Rank in course/Men: 4 (of 62)

Best time in course: 58:18

Category:

Rank in category: 1(of 10)

Senioren 2 MK45

Best time in the category: 1:04:48

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	8:16	15:01	1	-	3	0:43	0.55	8:16	15:01	1	-	63	0:43
Wechsel S -> R	-	1:33	-	3	0:25	11	0:25	0.55	9:49	17:50	1	-	62	0:56
Schwimmen Total	0.55	9:49	17:50	1	-	62	0:56	0.55	9:49	17:50	1	-	62	0:56
Rad netto	20.00	32:08	1:36	2	1:47	6	10:48	20.55	41:57	2:02	1	-	4	2:52
Wechsel R -> L	-	1:00	-	4	0:15	19	0:20	20.55	42:57	2:05	1	-	61	2:17
Rad Total	20.00	33:08	1:39	2	1:28	6	8:50	20.55	42:57	2:05	1	-	61	2:17
Lauf	5.00	21:51	4:22	3	0:32	11	4:13	25.55	1:04:48	2:32	1	-	4	6:30