



Detailed evaluation

Sonthoff-Grammann, Stefan

Total time: 1:06:16

Number: 258

Course: 25.55 km

Rank in course/Total: 7 (of 84)

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

Rank in course/Men: 6 (of 62)

Best time in course: 58:18

Category:

Rank in category: 3(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	8:42	15:49	2	0:26	5	1:09	0.55	8:42	15:49	2	0:26	63	1:09
Wechsel S -> R	-	1:34	-	4	0:26	12	0:26	0.55	10:16	18:40	3	0:27	62	1:23
Schwimmen Total	0.55	10:16	18:40	3	0:27	62	1:23	0.55	10:16	18:40	3	0:27	62	1:23
Rad netto	20.00	32:33	1:37	3	2:12	9	11:13	20.55	42:49	2:05	2	0:52	5	3:44
Wechsel R -> L	-	1:10	-	6	0:25	27	0:30	20.55	43:59	2:08	3	1:02	61	3:19
Rad Total	20.00	33:43	1:41	4	2:03	11	9:25	20.55	43:59	2:08	3	1:02	61	3:19
Lauf	5.00	22:17	4:27	4	0:58	12	4:39	25.55	1:06:16	2:35	3	1:28	6	7:58