



Detailed evaluation

Elbrecht, Hendrik

Total time: 1:23:20

Number: 233

Course: 25.55 km

Rank in course/Total: 54 (of 84)

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

Rank in course/Men: 44 (of 62)

Best time in course: 58:18

Category:

Rank in category: 7(of 7)

Männer AK3

Best time in the category: 1:09:28

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	10:22	18:50	2	1:36	15	2:49	0.55	10:22	18:50	2	1:36	63	2:49
Wechsel S -> R	-	3:32	-	7	2:05	53	2:24	0.55	13:54	25:16	4	2:23	62	5:01
Schwimmen Total	0.55	13:54	25:16	4	2:23	62	5:01	0.55	13:54	25:16	4	2:23	62	5:01
Rad netto	20.00	38:40	1:55	7	6:30	40	17:20	20.55	52:34	2:33	7	7:08	36	13:29
Wechsel R -> L	-	1:52	-	7	1:12	53	1:12	20.55	54:26	2:38	7	8:04	61	13:46
Rad Total	20.00	40:32	2:01	7	7:26	42	16:14	20.55	54:26	2:38	7	8:04	61	13:46
Lauf	5.00	28:54	5:46	7	6:24	54	11:16	25.55	1:23:20	3:15	7	13:52	44	25:02