



9. VR Bank ChariTria Bidingen

Bidingen / 22.08.2021

Detailed evaluation

Gernot Rückziegel

Total time: 2:21:45

Club: Lauffreife Freigericht

Number: 35

Course: 49.25 km

Rank in course/Total: 35 (of 64)

Chari Tria Olymp (1,25-38.0-10,0)

Rank in course/Men: 33 (of 55)

Best time in course: 1:49:54

Category:

Rank in category: 1(of 2)

Senioren 4 MK55

Best time in the category: 2:21:45

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	1.25	23:48	19:02	1	-	21	6:37	1.25	23:48	19:02	1	-	56	6:37	
Wechsel S -> R	-	3:41	-	1	-	44	3:02	1.25	27:29	21:59	1	-	56	8:13	
Schwimmen Total	1.25	27:29	21:59	1	-	56	8:13	1.25	27:29	21:59	1	-	56	8:13	
Rad netto	38.00	1:04:46	1:42	1	-	30	35:09	39.25	1:32:15	2:21	1	-	56	39:09	
Wechsel R -> L	-	2:07	-	2	0:10	47	1:18	39.25	1:34:22	2:24	1	-	56	40:27	
Rad Total	38.00	1:06:53	1:45	1	-	31	36:27	39.25	1:34:22	2:24	1	-	56	40:27	
Lauf	10.00	47:23	4:44	1	-	39	13:44	49.25	2:21:45	2:52	1	-	33	31:51	