



Detailed evaluation

Tobias Raabe

Total time: 2:07:17

Number: 69

Course: 37.00 km

Rank in course/Total: 35 (of 74)

Hexengrund-Triathlon 37 km

Rank in course/Men: 33 (of 58)

Best time in course: 1:33:38

Category:

Rank in category: 4(of 6)

AK 45, Senioren 2

Best time in the category: 1:43:20

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	0.50	15:31	31:02	5	5:28	43	8:03	0.50	15:31	31:02	5	5:28	43	8:03
Wechsel Schw.-R	-	3:19	-	6	2:01	41	2:26	0.50	18:50	37:39	5	7:29	45	10:19
Schwimmen Total	0.50	18:50	37:39	5	7:29	45	10:19	0.50	18:50	37:39	5	7:29	45	10:19
Vorrunde Rad	2.00	4:57	2:28	2	0:13	18	0:57	2.50	23:47	9:30	5	7:27	42	10:44
Runde Rad	9.00	21:03	2:20	3	2:36	26	4:13	11.50	44:50	3:53	5	10:03	37	14:46
Runde Rad	9.00	21:00	2:20	2	3:14	23	4:00	20.50	1:05:50	3:12	4	13:17	35	18:29
Runde Rad	9.00	21:25	2:22	2	2:38	23	3:46	29.50	1:27:15	2:57	4	15:55	30	22:10
Wechsel Rad-Lau	-	1:50	-	6	1:41	50	1:44	29.50	1:29:05	3:01	4	16:54	34	23:37
Rad Total	29.00	1:10:15	2:25	3	9:40	33	1:10:15	29.50	1:29:05	3:01	4	16:54	34	23:37
Runde Laufen	2.50	12:33	5:01	4	2:03	29	3:27	32.00	1:41:38	3:10	4	18:57	32	26:17
Runde Laufen	2.50	13:13	5:17	5	2:44	32	4:09	34.50	1:54:51	3:19	4	21:41	33	30:12
Lauf	2.50	12:26	4:58	4	2:16	28	3:27	37.00	2:07:17	3:26	4	23:57	33	33:39
Lauf Total	7.50	38:12	5:05	5	7:03	30	11:03	37.00	2:07:17	3:26	4	23:57	33	33:39