



Detailed evaluation

Nico Richardt

Club: Laufclub Rudolstadt e.V.
Number: 61

Course: 37.00 km
Hexengrund-Triathlon 37 km

Category:
Jugend A (16-17)

Total time: 2:11:51

Rank in course/Total: 42 (of 74)

Rank in course/Men: 37 (of 58)

Best time in course: 1:33:38

Rank in category: 2(of 3)

Best time in the category: 2:03:13

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	15:54	31:48	2	2:24	49	8:26	0.50	15:54	31:48	2	2:24	49	8:26
Wechsel Schw.-R	-	3:30	-	2	1:59	44	2:37	0.50	19:24	38:47	2	4:23	49	10:53
Schwimmen Total	0.50	19:24	38:47	2	4:23	49	10:53	0.50	19:24	38:47	2	4:23	49	10:53
Vorrunde Rad	2.00	5:55	2:57	2	0:35	48	1:55	2.50	25:19	10:07	2	4:58	48	12:16
Runde Rad	9.00	23:37	2:37	2	2:00	41	6:47	11.50	48:56	4:15	2	6:58	45	18:52
Runde Rad	9.00	24:15	2:41	2	2:15	43	7:15	20.50	1:13:11	3:34	2	9:13	45	25:50
Runde Rad	9.00	24:48	2:45	2	2:13	40	7:09	29.50	1:37:59	3:19	2	11:26	44	32:54
Wechsel Rad-Lau	-	0:11	-	2	0:04	10	0:05	29.50	1:38:10	3:19	2	11:30	44	32:42
Rad Total	29.00	1:18:46	2:42	3	1:18:46	47	1:18:46	29.50	1:38:10	3:19	2	11:30	44	32:42
Runde Laufen	2.50	11:14	4:29	1	-	13	2:08	32.00	1:49:24	3:25	2	10:05	39	34:03
Runde Laufen	2.50	11:20	4:31	1	-	13	2:16	34.50	2:00:44	3:29	2	8:42	37	36:05
Lauf	2.50	11:07	4:26	1	-	14	2:08	37.00	2:11:51	3:33	2	8:38	37	38:13
Lauf Total	7.50	33:41	4:29	1	-	14	6:32	37.00	2:11:51	3:33	2	8:38	37	38:13