



1. "Athletes Care" Charity Sprint-Triathlon Bidingen 2011

Bidingen / 05.06.2011

Detailed evaluation

Fit und Fun II

Total time: 1:26:52

Number: 756

Speed: 17.65 km/h

Running performance: 3:24 min/km

Course: 25.55 km

Jedermann-Triathlon - Staffel

Rank in course: 3 (of 5)

Best time in course: 1:15:23

Category:

Rank in category: 2(of 4)

Frauenstaffel

Best time in the category: 1:24:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.55	22:59	41:47	3	0:22	4	3:10	0.55	22:59	41:47	1	-	2	3:10
Rad	20.00	38:13	1:54	2	2:29	3	3:57	20.55	1:01:12	2:58	1	-	2	7:07
Lauf	5.00	25:40	5:08	1	-	2	4:22	25.55	1:26:52	3:23	2	2:46	3	11:29