



2. Sparkasse Oberhessen Charity Triathlon (Einzel)

Büdingen / 24.06.2012

Detailed evaluation

Lilienthal, Rainer

Total time: 1:43:14

Club: TV Windecken

Number: 31

Course: 37.25 km

Rank in course/Total: 13 (of 56)

Jedermann-Triathlon Power-Distanz (0,75-29,0-7,5)

Rank in course/Men: 13 (of 37)

Best time in course: 1:25:22

Category:

Rank in category: 4(of 12)

Senioren 2 MK45

Best time in the category: 1:28:26

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	0.75	18:41	24:54	8	6:37	24	6:37	0.75	18:41	24:54	3	4:51	30	
Schwimmen Total	0.75	18:41												
Zwischen Rad 2	4.90	11:21	2:18	7	1:17	17	1:53	5.65	30:02	5:18	3	6:08	30	
Zwischen Rad 3	4.90	6:24	1:18	7	0:25	16	0:49	10.55	36:26	3:27	3	6:33	30	
Zwischen Rad 2	4.90	8:53	1:48	5	0:55	11	1:13	15.45	45:19	2:55	3	7:28	30	
Zwischen Rad 3	4.90	6:32	1:19	8	0:34	21	1:00	20.35	51:51	2:32	3	8:02	30	
Zwischen Rad 2	4.90	9:04	1:51	6	1:04	14	1:25	25.25	1:00:55	2:24	3	9:06	29	
Zwischen Rad 3	3.30	6:30	1:58	7	0:30	16	0:54	28.55	1:07:25	2:21	3	9:29	29	
Rad	1.20	3:47	3:09	10	1:05	29	1:17	29.75	1:11:12	2:23	3	10:34	32	
Rad Total	29.00	52:31												
Zwischen Lauf 2	2.50	8:35	3:26	4	0:47	11	1:07	32.25	1:19:47	2:28	3	11:21	30	
Zwischen Lauf 3	2.80	2:18	0:49	5	0:22	13	0:26	35.05	1:22:05	2:20	3	11:43	30	
Lauf	2.20	21:09	9:36	4	3:05	14	10:17	37.25	1:43:14	2:46	4	14:48	14	36:09
Lauf Total	36.50	1:43:14												