



2. Sparkasse Oberhessen Charity Triathlon (Einzel)

Büdingen / 24.06.2012

Detailed evaluation

Ceynowa, Alexander

Total time: 1:48:30

Club: Eintracht-Frankfurt

Number: 36

Course: 37.25 km

Rank in course/Total: 24 (of 56)

Jedermann-Triathlon Power-Distanz (0,75-29,0-7,5) Rank in course/Men: 20 (of 37)

Best time in course: 1:25:22

Category:

Rank in category: 8(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	16:35	22:06	5	4:31	15	4:31	0.75	16:35	22:06	7	2:45	10	
Schwimmen Total	0.75	16:35												
Zwischen Rad 2	4.90	10:50	2:12	5	0:46	11	1:22	5.65	27:25	4:51	4	3:31	10	
Zwischen Rad 3	4.90	6:02	1:13	3	0:03	9	0:27	10.55	33:27	3:10	7	3:34	10	
Zwischen Rad 2	4.90	8:33	1:44	4	0:35	9	0:53	15.45	42:00	2:43	7	4:09	10	
Zwischen Rad 3	4.90	6:01	1:13	2	0:03	7	0:29	20.35	48:01	2:21	7	4:12	10	
Zwischen Rad 2	4.90	8:32	1:44	4	0:32	8	0:53	25.25	56:33	2:14	7	4:44	10	
Zwischen Rad 3	3.30	6:07	1:51	3	0:07	8	0:31	28.55	1:02:40	2:11	7	4:44	10	
Rad	1.20	3:43	3:05	9	1:01	26	1:13	29.75	1:06:23	2:13	7	5:45	2	
Rad Total	29.00	49:48												
Zwischen Lauf 2	2.50	8:58	3:35	5	1:10	13	1:30	32.25	1:15:21	2:20	7	6:55	10	
Zwischen Lauf 3	2.80	2:15	0:48	4	0:19	12	0:23	35.05	1:17:36	2:12	7	7:14	2	
Lauf	2.20	30:54	14:02	12	12:50	35	20:02	37.25	1:48:30	2:54	8	20:04	21	41:25
Lauf Total	36.50	1:48:30												