



3. Sparkasse Charity Triathlon Büdingen

Büdingen / 16.06.2013

Detailed evaluation

Ruhland, Jan

Club: Eintracht Frankfurt Triathlon

Number: 433

Course: 12.85 km

Jedermann-Triathlon 15 - 16 Jahre (0,35-10,00-2,50)

Category:

männliche Schüler 15/ 16 Jahre

Total time: 46:18

Speed: 16.65 km/h

Running performance: 3:36 min/km

Rank in course/Total: 4 (of 4)

Rank in course/Men: 4 (of 4)

Best time in course: 36:41

Rank in category: 4(of 4)

Best time in the category: 36:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.35	9:34	27:20	2	3:01	2	3:01	0.35	9:34	27:20	4	3:01	4	3:01
Zwischen Rad 1	-	13:04	-	4	2:18	4	2:18	0.35	22:38	-	4	5:19	4	5:19
Zwischen Rad 2	-	7:03	-	3	0:41	3	0:41	0.35	29:41	-	4	5:58	4	5:58
Rad	10.00	2:58	0:17	2	0:30	2	0:30	10.35	32:39	3:09	4	6:28	4	6:28
Zwischen Lauf 2	-	10:23	-	4	3:03	4	3:03	10.35	43:02	-	4	9:31	4	9:31
Strafzeit	-	fehlt!	-	-	-	-	-	10.35	-	-	-	-	-	-
Lauf	2.50	3:16	1:18	2	0:06	2	0:06	12.85	46:18	3:36	4	9:37	4	9:37