



### 3. Sparkasse Charity Triathlon Bidingen

Bidingen / 16.06.2013

#### Detailed evaluation

**Lautenschläger, Alex**

Club: Babenhausen

Number: 333

Course: 48.95 km

Jedermann-Triathlon Olympische Distanz (0.95-38.00-10.00)

Category:

AK3 männlich

Total time: 2:26:10

Speed: 19.70 km/h

Running performance: 2:59 min/km

Rank in course/Total: 32 (of 60)

Rank in course/Men: 29 (of 53)

Best time in course: 1:53:51

Rank in category: 1(of 6)

Best time in the category: 2:26:10

Control	Intermediate times							Stage score				Total ranking			
	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	0.95	25:55	27:16	6	5:03	40	11:05	0.95	25:55	27:16	1	-	9	1:41	
Zwischen Rad 1	-	12:27	-	4	0:58	41	2:34	0.95	38:22	-	1	-	9	2:39	
Zwischen Rad 2	-	6:45	-	2	0:03	46	1:10	0.95	45:07	-	1	-	9	2:42	
Zwischen Rad 1	-	9:59	-	3	0:33	37	2:10	0.95	55:06	-	1	-	8	3:15	
Zwischen Rad 2	-	6:37	-	2	0:09	35	1:04	0.95	1:01:43	-	1	-	8	2:57	
Zwischen Rad 1	-	9:57	-	3	0:32	36	2:06	0.95	1:11:40	-	1	-	8	3:29	
Zwischen Rad 2	-	6:50	-	4	0:12	41	1:10	0.95	1:18:30	-	1	-	8	3:33	
Zwischen Rad 1	-	9:40	-	2	0:19	33	1:44	0.95	1:28:10	-	1	-	8	3:52	
Zwischen Rad 2	-	6:26	-	1	-	24	0:47	0.95	1:34:36	-	1	-	8	3:29	
Rad	38.00	3:27	0:05	2	0:19	20	1:02	38.95	1:38:03	2:31	1	-	8	3:48	
Zwischen Lauf 1	-	11:47	-	2	0:25	27	2:26	38.95	1:49:50	-	1	-	8	4:13	
Zwischen Lauf 3	-	2:55	-	5	0:20	43	0:51	38.95	1:52:45	-	1	-	8	4:33	
Zwischen Lauf 2	-	6:09	-	1	-	22	1:13	38.95	1:58:54	-	1	-	8	4:32	
Zwischen Lauf 3	-	5:49	-	1	-	23	1:18	38.95	2:04:43	-	1	-	8		
Zwischen Lauf 2	-	6:03	-	1	-	19	1:09	38.95	2:10:46	-	1	-	8		
Zwischen Lauf 3	-	5:48	-	1	-	22	1:13	38.95	2:16:34	-	1	-	8		
Zwischen Lauf 2	-	6:04	-	1	-	18	6:00	38.95	2:22:38	-	1	-	8		
Strafzeit	-	fehlt!	-	-	-	-	-	38.95	-	-	-	-	-	-	
Lauf	10.00	3:32	0:21	1	-	24	1:47	48.95	2:26:10	2:59	1	-	31	1:51:26	