



3. Sparkasse Charity Triathlon Bidingen Bidingen / 16.06.2013

Detailed evaluation

Lindenthal, Jan

Club: Oberursel

Number: 328

Course: 48.95 km

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

Category:

AK3 männlich

Total time: 2:31:42

Speed: 18.98 km/h

Running performance: 3:06 min/km

Rank in course/Total: 46 (of 60)

Rank in course/Men: 43 (of 53)

Best time in course: 1:53:51

Rank in category: 6(of 6)

Best time in the category: 2:26:10

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	0.95	24:10	25:26	3	3:18	31	9:20	0.95	24:10	25:26	6		22		
Zwischen Rad 1	-	12:11	-	2	0:42	38	2:18	0.95	36:21	-	6		22	0:38	
Zwischen Rad 2	-	6:45	-	2	0:03	46	1:10	0.95	43:06	-	6		22	0:41	
Zwischen Rad 1	-	9:52	-	2	0:26	34	2:03	0.95	52:58	-	6		21	1:07	
Zwischen Rad 2	-	6:42	-	3	0:14	40	1:09	0.95	59:40	-	6		21	0:54	
Zwischen Rad 1	-	9:37	-	2	0:12	29	1:46	0.95	1:09:17	-	6		21	1:06	
Zwischen Rad 2	-	6:48	-	3	0:10	40	1:08	0.95	1:16:05	-	6		21	1:08	
Zwischen Rad 1	-	10:02	-	4	0:41	43	2:06	0.95	1:26:07	-	6		21	1:49	
Zwischen Rad 2	-	6:52	-	6	0:26	45	1:13	0.95	1:32:59	-	6		21	1:52	
Rad	38.00	3:46	0:05	4	0:38	31	1:21	38.95	1:36:45	2:29	6		21	2:30	
Zwischen Lauf 1	-	12:34	-	5	1:12	42	3:13	38.95	1:49:19	-	6		21	3:42	
Zwischen Lauf 3	-	2:55	-	5	0:20	43	0:51	38.95	1:52:14	-	6		21	4:02	
Zwischen Lauf 2	-	7:06	-	6	0:57	46	2:10	38.95	1:59:20	-	6	0:26	21	4:58	
Zwischen Lauf 3	-	6:37	-	5	0:48	42	2:06	38.95	2:05:57	-	4	1:14	16	0:03	
Zwischen Lauf 2	-	7:21	-	6	1:18	47	2:27	38.95	2:13:18	-	6	2:32	21	0:52	
Zwischen Lauf 3	-	6:59	-	6	1:11	47	2:24	38.95	2:20:17	-	6	3:43	21	1:53	
Zwischen Lauf 2	-	7:19	-	6	1:15	47	7:15	38.95	2:27:36	-	6	4:58	21	2:50	
Strafzeit	-	fehlt!	-	-	-	-	-	38.95	-	-	-	-	-	-	
Lauf	10.00	4:06	0:24	6	0:34	45	2:21	48.95	2:31:42	3:05	6	5:32	45	1:56:58	