



3. Sparkasse Charity Triathlon Büdingen Büdingen / 16.06.2013

Detailed evaluation

Karow, Laura

Club: Fun Ball dortelweil
Number: 81

Course: 25.55 km
Jedermann-Triathlon (0,55-20,0-5,0)

Category:
AK1 weiblich

Total time: 1:09:39

Speed: 22.01 km/h
Running performance: 2:44 min/km

Rank in course/Total: 19 (of 119)

Rank in course/Women: 1 (of 32)

Best time in course: 1:09:39

Rank in category: 1(of 2)

Best time in the category: 1:09:39

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.55	11:18	20:32	1	-	1	-	0.55	11:18	20:32	1	-	29	
Zwischen Rad 1	-	11:10	-	1	-	1	-	0.55	22:28	-	1	-	29	
Zwischen Rad 2	-	6:34	-	1	-	2	0:10	0.55	29:02	-	1	-	29	
Zwischen Rad 1	-	9:17	-	1	-	2	0:05	0.55	38:19	-	1	-	29	
Zwischen Rad 2	-	6:57	-	1	-	8	0:20	0.55	45:16	-	1	-	29	
Rad	20.00	2:53	0:08	1	-	1	-	20.55	48:09	2:20	1	-	29	
Zwischen Lauf 1	-	10:31	-	1	-	3	0:27	20.55	58:40	-	1	-	29	
Zwischen Lauf 2	-	7:49	-	1	-	3	0:15	20.55	1:06:29	-	1	-	29	
Strafzeit	-	fehlt!	-	-	-	-	-	20.55	-	-	-	-	-	-
Lauf	5.00	3:10	0:38	1	-	3	2:08	25.55	1:09:39	2:43	1	-	2	13:12