



### 3. Sparkasse Charity Triathlon Büdingen Büdingen / 16.06.2013

#### Detailed evaluation

**Spiess, Alexandra**

Club: Spiridon Frankfurt  
Number: 76

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

Category:  
AK4 weiblich

Total time: 1:11:28

Speed: 21.45 km/h  
Running performance: 2:48 min/km

Rank in course/Total: 23 (of 119)

Rank in course/Women: 2 (of 32)

Best time in course: 1:09:39

Rank in category: 1(of 7)

Best time in the category: 1:11:28

| Control         | Intermediate times |            |              |          |             |           |              | Stage score |            |              |          | Total ranking |           |              |  |
|-----------------|--------------------|------------|--------------|----------|-------------|-----------|--------------|-------------|------------|--------------|----------|---------------|-----------|--------------|--|
|                 | 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               | 12:48      | 23:16        | 1        | -           | 3         | 1:30         | 0.55        | 12:48      | 23:16        | 1        | -             | 28        |              |  |
| Zwischen Rad 1  | -                  | 11:25      | -            | 2        | 0:06        | 3         | 0:15         | 0.55        | 24:13      | -            | 1        | -             | 28        |              |  |
| Zwischen Rad 2  | -                  | 6:49       | -            | 4        | 0:25        | 7         | 0:25         | 0.55        | 31:02      | -            | 1        | -             | 28        |              |  |
| Zwischen Rad 1  | -                  | 9:12       | -            | 1        | -           | 1         | -            | 0.55        | 40:14      | -            | 1        | -             | 28        |              |  |
| Zwischen Rad 2  | -                  | 7:02       | -            | 4        | 0:25        | 9         | 0:25         | 0.55        | 47:16      | -            | 1        | -             | 28        |              |  |
| Rad             | 20.00              | 3:23       | 0:10         | 2        | 0:11        | 8         | 0:30         | 20.55       | 50:39      | 2:27         | 1        | -             | 28        |              |  |
| Zwischen Lauf 1 | -                  | 10:06      | -            | 2        | 0:02        | 2         | 0:02         | 20.55       | 1:00:45    | -            | 1        | -             | 28        |              |  |
| Zwischen Lauf 2 | -                  | 7:36       | -            | 2        | 0:02        | 2         | 0:02         | 20.55       | 1:08:21    | -            | 1        | -             | 28        |              |  |
| Strafzeit       | -                  | fehlt!     | -            | -        | -           | -         | -            | 20.55       | -          | -            | -        | -             | -         | -            |  |
| Lauf            | 5.00               | 3:07       | 0:37         | 2        | 2:05        | 2         | 2:05         | 25.55       | 1:11:28    | 2:47         | 1        | -             | 3         | 15:01        |  |