



### 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: 20.99 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	