



3. Sparkasse Charity Triathlon Bidingen Bidingen / 16.06.2013

Detailed evaluation

Bender, Stefan

Club: Bad Vilbel
Number: 357

Course: 48.95 km

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

Category:

Senioren 1 MK40

Total time: 2:37:40

Speed: 18.27 km/h

Running performance: 3:13 min/km

Rank in course/Total: 54 (of 60)

Rank in course/Men: 50 (of 53)

Best time in course: 1:53:51

Rank in category: 13(of 14)

Best time in the category: 2:04:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.95	26:31	27:54	12	7:54	45	11:41	0.95	26:31	27:54	13	7:34	25	2:17
Zwischen Rad 1	-	13:23	-	14	3:26	53	3:30	0.95	39:54	-	13	11:00	25	4:11
Zwischen Rad 2	-	6:38	-	11	0:48	37	1:03	0.95	46:32	-	13	11:48	25	4:07
Zwischen Rad 1	-	10:53	-	12	2:19	51	3:04	0.95	57:25	-	12	11:17	24	5:34
Zwischen Rad 2	-	6:38	-	10	0:42	38	1:05	0.95	1:04:03	-	12	11:44	24	5:17
Zwischen Rad 1	-	11:00	-	13	2:20	52	3:09	0.95	1:15:03	-	12	14:04	24	6:52
Zwischen Rad 2	-	6:45	-	10	1:01	36	1:05	0.95	1:21:48	-	12	14:45	24	6:51
Zwischen Rad 1	-	11:01	-	13	2:17	51	3:05	0.95	1:32:49	-	12	17:02	24	8:31
Zwischen Rad 2	-	6:50	-	11	0:52	44	1:11	0.95	1:39:39	-	12	17:42	24	8:32
Rad	38.00	3:35	0:05	5	0:28	25	1:10	38.95	1:43:14	2:39	12	18:10	24	8:59
Zwischen Lauf 1	-	13:15	-	11	3:35	46	3:54	38.95	1:56:29	-	12	21:45	24	10:52
Zwischen Lauf 3	-	2:55	-	11	0:51	43	0:51	38.95	1:59:24	-	12	22:36	24	11:12
Zwischen Lauf 2	-	6:56	-	11	1:58	44	2:00	38.95	2:06:20	-	12	24:34	24	11:58
Zwischen Lauf 3	-	6:38	-	11	1:55	43	2:07	38.95	2:12:58	-	12	26:29	24	7:04
Zwischen Lauf 2	-	7:02	-	11	2:04	44	2:08	38.95	2:20:00	-	12	28:33	24	7:34
Zwischen Lauf 3	-	6:42	-	12	2:00	45	2:07	38.95	2:26:42	-	12	30:33	24	8:18
Zwischen Lauf 2	-	7:00	-	11	2:03	44	6:56	38.95	2:33:42	-	12	32:36	24	8:56
Strafzeit	-	fehlt!	-	-	-	-	-	38.95	-	-	-	-	-	-
Lauf	10.00	3:58	0:23	10	1:03	42	2:13	48.95	2:37:40	3:13	14	2:02:56	52	2:02:56