



3. Sparkasse Charity Triathlon Büdingen Büdingen / 16.06.2013

Detailed evaluation

Heerd, Ramona

Club: Fit & Fun Büdingen
Number: 82

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

Category:
AK3 weiblich

Total time: 1:19:47

Speed: 19.21 km/h
Running performance: 3:07 min/km

Rank in course/Total: 45 (of 119)

Rank in course/Women: 5 (of 32)

Best time in course: 1:09:39

Rank in category: 1(of 9)

Best time in the category: 1:19:47

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	16:05	29:14	5	1:52	15	4:47	0.55	16:05	29:14	10	1:38	24			
Zwischen Rad 1	-	11:50	-	1	-	4	0:40	0.55	27:55	-	10	0:06	24			
Zwischen Rad 2	-	6:57	-	5	0:15	12	0:33	0.55	34:52	-	10	0:12	24			
Zwischen Rad 1	-	9:43	-	1	-	4	0:31	0.55	44:35	-	10		24			
Zwischen Rad 2	-	7:03	-	4	0:24	10	0:26	0.55	51:38	-	10		24			
Rad	20.00	3:44	0:11	6	0:33	16	0:51	20.55	55:22	2:41	10		24			
Zwischen Lauf 1	-	11:59	-	1	-	5	1:55	20.55	1:07:21	-	9		24			
Zwischen Lauf 2	-	8:53	-	1	-	5	1:19	20.55	1:16:14	-	9		24			
Strafzeit	-	fehlt!	-	-	-	-	-	20.55	-	-	-	-	-	-		
Lauf	5.00	3:33	0:42	1	-	4	2:31	25.55	1:19:47	3:07	2	23:20	6	23:20		