



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

#### Detailed evaluation

**Nauheimer, Ingo**

Club: Gießen  
Number: 95

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

Category:  
AK3 männlich

Total time: 1:21:36

Speed: 18.79 km/h  
Running performance: 3:11 min/km

Rank in course/Total: 54 (of 119)

Rank in course/Men: 46 (of 87)

Best time in course: 1:02:44

Rank in category: 7(of 10)

Best time in the category: 1:02:44

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.55	15:27	28:05	6	5:20	46	5:31	0.55	15:27	28:05	11	0:43	74	
Zwischen Rad 1	-	12:17	-	7	2:13	45	2:28	0.55	27:44	-	11	1:56	74	
Zwischen Rad 2	-	6:57	-	8	1:12	45	1:15	0.55	34:41	-	11	2:30	74	
Zwischen Rad 1	-	10:06	-	6	1:59	42	2:11	0.55	44:47	-	11	3:47	74	
Zwischen Rad 2	-	7:09	-	9	1:24	54	1:33	0.55	51:56	-	11	4:38	74	
Rad	20.00	4:47	0:14	10	2:02	77	2:16	20.55	56:43	2:45	11	6:08	74	
Zwischen Lauf 1	-	11:58	-	7	2:25	43	2:59	20.55	1:08:41	-	11	8:33	74	
Zwischen Lauf 2	-	9:17	-	9	2:15	49	2:31	20.55	1:17:58	-	11	10:48	74	
Strafzeit	-	fehlt!	-	-	-	-	-	20.55	-	-	-	-	-	-
Lauf	5.00	3:38	0:43	9	1:12	45	2:44	25.55	1:21:36	3:11	8	18:52	48	57:26