



### 3. Sparkasse Charity Triathlon Bidingen

Bidingen / 16.06.2013

#### Detailed evaluation

Loder, Frank

Club: LT Freigericht

Number: 313

Course: 48.95 km

Jedermann-Triathlon Olympische Distanz (0.95-38.00-10.00) Rank in course/Men: 9 (of 53)

Category:

Senioren 3 MK50

Total time: 2:09:54

Speed: 22.61 km/h

Running performance: 2:39 min/km

Rank in course/Total: 9 (of 60)

Rank in course/Men: 9 (of 53)

Best time in course: 1:53:51

Rank in category: 1(of 7)

Best time in the category: 2:09:54

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	0.95	23:47	25:02	2	3:07	25	8:57	0.95	23:47	25:02	2	-	54	-	
Zwischen Rad 1	-	10:54	-	1	-	10	1:01	0.95	34:41	-	2	-	54	-	
Zwischen Rad 2	-	6:22	-	2	0:04	20	0:47	0.95	41:03	-	2	-	54	-	
Zwischen Rad 1	-	9:02	-	1	-	15	1:13	0.95	50:05	-	2	-	53	-	
Zwischen Rad 2	-	6:20	-	2	0:16	18	0:47	0.95	56:25	-	2	-	53	-	
Zwischen Rad 1	-	8:57	-	1	-	12	1:06	0.95	1:05:22	-	2	-	53	-	
Zwischen Rad 2	-	6:25	-	2	0:19	20	0:45	0.95	1:11:47	-	2	-	53	-	
Zwischen Rad 1	-	8:58	-	1	-	13	1:02	0.95	1:20:45	-	2	-	53	-	
Zwischen Rad 2	-	6:31	-	4	0:26	31	0:52	0.95	1:27:16	-	2	-	53	-	
Rad	38.00	3:19	0:05	3	0:37	11	0:54	38.95	1:30:35	2:19	2	-	53	-	
Zwischen Lauf 1	-	10:55	-	2	0:26	14	1:34	38.95	1:41:30	-	2	-	52	-	
Zwischen Lauf 3	-	2:24	-	2	0:02	12	0:20	38.95	1:43:54	-	2	-	52	-	
Zwischen Lauf 2	-	5:39	-	2	0:10	11	0:43	38.95	1:49:33	-	2	-	52	-	
Zwischen Lauf 3	-	4:31	-	1	-	1	-	38.95	1:54:04	-	2	-	52	-	
Zwischen Lauf 2	-	5:35	-	1	-	10	0:41	38.95	1:59:39	-	2	-	52	-	
Zwischen Lauf 3	-	6:00	-	3	0:37	27	1:25	38.95	2:05:39	-	2	-	52	-	
Zwischen Lauf 2	-	0:04	-	1	-	1	-	38.95	2:05:43	-	2	-	52	-	
Strafzeit	-	fehlt!	-	-	-	-	-	38.95	-	-	-	-	-	-	
Lauf	10.00	4:11	0:25	7	0:52	47	2:26	48.95	2:09:54	2:39	1	-	11	1:35:10	