



3. Sparkasse Charity Triathlon Bidingen Bidingen / 16.06.2013

Detailed evaluation

Holst, Axel

Club: Griesheim
Number: 60

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

Category:
Senioren 2 MK45

Total time: 1:36:15

Speed: 15.58 km/h
Running performance: 3:46 min/km

Rank in course/Total: 93 (of 119)

Rank in course/Men: 71 (of 87)

Best time in course: 1:02:44

Rank in category: 24(of 28)

Best time in the category: 1:02:49

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	21:02	38:14	27	11:06	85	11:06	0.55	21:02	38:14	29	9:46	1	-	
Zwischen Rad 1	-	14:29	-	27	4:26	75	4:40	0.55	35:31	-	29	14:12	1	-	
Zwischen Rad 2	-	7:40	-	26	1:58	70	1:58	0.55	43:11	-	29	16:10	13	0:32	
Zwischen Rad 1	-	12:45	-	27	4:33	77	4:50	0.55	55:56	-	29	20:31	13	2:00	
Zwischen Rad 2	-	7:58	-	28	2:19	75	2:22	0.55	1:03:54	-	29	22:50	13	2:10	
Rad	20.00	5:58	0:17	26	3:15	82	3:27	20.55	1:09:52	3:23	29	26:05	13	0:46	
Zwischen Lauf 1	-	12:43	-	19	3:24	58	3:44	20.55	1:22:35	-	29	28:03	13	-	
Zwischen Lauf 2	-	9:44	-	21	2:39	61	2:58	20.55	1:32:19	-	29	30:01	1	-	
Strafzeit	-	fehlt!	-	-	-	-	-	20.55	-	-	-	-	-	-	
Lauf	5.00	3:56	0:47	18	1:05	60	3:02	25.55	1:36:15	3:46	24	33:26	73	1:12:05	