



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

#### Detailed evaluation

**Lilienthal, Rainer**

Club: TV Windecken  
Number: 133

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

Category:  
Senioren 3 MK50

**Total time: 1:12:43**

Speed: 20.63 km/h  
Running performance: 2:51 min/km

Rank in course/Total: 26 (of 119)

Rank in course/Men: 23 (of 87)

Best time in course: 1:02:44

Rank in category: 1(of 7)

Best time in the category: 1:12:43

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	14:11	25:47	2	0:01	30	4:15	0.55	14:11	25:47	1	-	88	
Zwischen Rad 1	-	11:24	-	1	-	28	1:35	0.55	25:35	-	1	-	88	
Zwischen Rad 2	-	6:25	-	1	-	24	0:43	0.55	32:00	-	1	-	87	
Zwischen Rad 1	-	9:00	-	1	-	23	1:05	0.55	41:00	-	1	-	87	
Zwischen Rad 2	-	6:28	-	1	-	27	0:52	0.55	47:28	-	1	-	87	
Rad	20.00	2:47	0:08	1	-	9	0:16	20.55	50:15	2:26	1	-	87	
Zwischen Lauf 1	-	10:54	-	1	-	24	1:55	20.55	1:01:09	-	1	-	87	
Zwischen Lauf 2	-	8:10	-	1	-	25	1:24	20.55	1:09:19	-	1	-	87	
Strafzeit	-	fehlt!	-	-	-	-	-	20.55	-	-	-	-	-	-
Lauf	5.00	3:24	0:40	1	-	29	2:30	25.55	1:12:43	2:50	1	-	24	48:33