



3. Sparkasse Charity Triathlon Bidingen

Bidingen / 16.06.2013

Detailed evaluation

Rauscher, Sabine

Club: Rodgau

Number: 307

Course: 48.95 km

Jedermann-Triathlon Olympische Distanz (0.95-38.00-10.00)

Category:

Seniorinnen 1 WK40

Total time: 3:47:06

Speed: 12.68 km/h

Running performance: 4:38 min/km

Rank in course/Total: 58 (of 60)

Rank in course/Women: 7 (of 7)

Best time in course: 2:15:07

Rank in category: 1(of 1)

Best time in the category: 3:47:06

Intermediate times

Stage score

Total ranking

Control	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	0.95	34:27	36:15	1	-	7	15:34	0.95	34:27	36:15	1	-	7	15:34
Zwischen Rad 1	-	18:14	-	1	-	7	6:48	0.95	52:41	-	1	-	7	22:22
Zwischen Rad 2	-	8:11	-	1	-	7	2:02	0.95	1:00:52	-	1	-	7	24:24
Zwischen Rad 1	-	15:13	-	1	-	7	6:00	0.95	1:16:05	-	1	-	7	30:24
Zwischen Rad 2	-	8:32	-	1	-	7	2:19	0.95	1:24:37	-	1	-	7	32:43
Zwischen Rad 1	-	15:44	-	1	-	7	6:46	0.95	1:40:21	-	1	-	7	39:29
Zwischen Rad 2	-	8:24	-	1	-	7	2:13	0.95	1:48:45	-	1	-	7	41:42
Zwischen Rad 1	-	15:48	-	1	-	7	6:31	0.95	2:04:33	-	1	-	7	48:13
Zwischen Rad 2	-	8:31	-	1	-	7	2:14	0.95	2:13:04	-	1	-	7	50:27
Rad	38.00	6:11	0:09	1	-	7	3:10	38.95	2:19:15	3:34	1	-	7	53:37
Zwischen Lauf 1	-	20:35	-	1	-	7	16:23	38.95	2:39:50	-	1	-	7	1:02:31
Zwischen Lauf 3	-	4:54	-	1	-	7	2:22	38.95	2:44:44	-	1	-	7	1:04:52
Zwischen Lauf 2	-	11:55	-	1	-	7	9:39	38.95	2:56:39	-	1	-	7	1:10:22
Zwischen Lauf 3	-	10:20	-	1	-	7	7:28	38.95	3:06:59	-	1	-	7	1:14:39
Zwischen Lauf 2	-	11:30	-	1	-	7	5:39	38.95	3:18:29	-	1	-	7	1:19:42
Zwischen Lauf 3	-	10:35	-	1	-	7	5:03	38.95	3:29:04	-	1	-	7	1:24:13
Zwischen Lauf 2	-	11:40	-	1	-	7	5:50	38.95	3:40:44	-	1	-	7	1:29:22
Strafzeit	-	fehlt!	-	-	-	-	-	38.95	-	-	-	-	-	-
Lauf	10.00	6:22	0:38	1	-	6	2:53	48.95	3:47:06	4:38	1	-	7	1:31:59