



3. Sparkasse Charity Triathlon Bidingen Bidingen / 16.06.2013

Detailed evaluation

Polland, Frank

Club: Bad Vilbel

Number: 116

Course: 25.55 km

Jedermann-Triathlon (0,55-20,0-5,0)

Category:

Senioren 1 MK40

Total time: 1:41:22

Speed: 14.80 km/h

Running performance: 3:58 min/km

Rank in course/Total: 106 (of 119)

Rank in course/Men: 80 (of 87)

Best time in course: 1:02:44

Rank in category: 9(of 11)

Best time in the category: 1:03:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.55	19:44	35:52	10	8:51	80	9:48	0.55	19:44	35:52	12	7:13	88	
Zwischen Rad 1	-	15:17	-	9	5:11	80	5:28	0.55	35:01	-	12	10:51	88	
Zwischen Rad 2	-	8:23	-	8	2:41	79	2:41	0.55	43:24	-	11	6:37	87	0:45
Zwischen Rad 1	-	13:24	-	9	5:10	83	5:29	0.55	56:48	-	11	8:37	87	2:52
Zwischen Rad 2	-	8:26	-	9	2:50	81	2:50	0.55	1:05:14	-	11	9:36	87	3:30
Rad	20.00	4:03	0:12	8	1:32	67	1:32	20.55	1:09:17	3:22	11	10:17	87	0:11
Zwischen Lauf 1	-	15:10	-	9	5:18	77	6:11	20.55	1:24:27	-	11	12:08	87	1:51
Zwischen Lauf 2	-	11:58	-	9	4:45	78	5:12	20.55	1:36:25	-	11	13:58	87	4:06
Strafzeit	-	fehlt!	-	-	-	-	-	20.55	-	-	-	-	-	-
Lauf	5.00	4:57	0:59	9	1:54	77	4:03	25.55	1:41:22	3:58	10	1:17:12	82	1:17:12