



3. Sparkasse Charity Triathlon Bidingen

Bidingen / 16.06.2013

Detailed evaluation

Stadt Bidingen/ Bauamt

Total time: 1:16:05

Number: 5

Speed: 29.18 km/h

Running performance: 2:02 min/km

Course: 37.25 km

Rank in course/Total: 4 (of 7)

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

Rank in course/Total: 4 (of 7)

Best time in course: 1:08:30

Category:

Rank in category: 1(of 1)

Frauenstaffel

Best time in the category: 1:16:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen	0.55	12:33	22:49	1	-	5	1:06	0.55	12:33	22:49	1	-	4	1:02
Rad	20.00	36:37	1:49	1	-	3	1:51	20.55	49:10	2:23	1	-	4	2:53
Lauf	5.00	26:55	5:23	1	-	7	6:21	37.25	1:16:05	2:02	1	-	4	7:35