



### 3. Sparkasse Charity Triathlon Bidingen

Bidingen / 16.06.2013

#### Detailed evaluation

**Hauke, Uwe**

Club: Eintracht Frankfurt

Number: 367

Course: 48.95 km

Jedermann-Triathlon Olympische Distanz (0.95-38.00-10.00) **Rank in course: Men: 6 (of 53)**

Category:

Senioren 2 MK45

Total time: 2:05:35

Speed: 22.93 km/h

Running performance: 2:34 min/km

Rank in course/Total: 6 (of 60)

Rank in course: Men: 6 (of 53)

Best time in course: 1:53:51

Rank in category: 1(of 12)

Best time in the category: 2:05:35

| Control         | Intermediate times |            |              |          |             |         |            | Stage score |            |              |          | Total ranking |         |            |  |
|-----------------|--------------------|------------|--------------|----------|-------------|---------|------------|-------------|------------|--------------|----------|---------------|---------|------------|--|
|                 | 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       | 0.95               | 19:22      | 20:23        | 1        | -           | 8       | 4:32       | 0.95        | 19:22      | 20:23        | 13       | -             | 47      | -          |  |
| Zwischen Rad 1  | -                  | 10:50      | -            | 3        | 0:44        | 9       | 0:57       | 0.95        | 30:12      | -            | 13       | -             | 47      | -          |  |
| Zwischen Rad 2  | -                  | 5:54       | -            | 2        | 0:01        | 7       | 0:19       | 0.95        | 36:06      | -            | 13       | -             | 47      | -          |  |
| Zwischen Rad 1  | -                  | 8:40       | -            | 3        | 0:27        | 7       | 0:51       | 0.95        | 44:46      | -            | 13       | -             | 45      | -          |  |
| Zwischen Rad 2  | -                  | 5:53       | -            | 1        | -           | 4       | 0:20       | 0.95        | 50:39      | -            | 13       | -             | 45      | -          |  |
| Zwischen Rad 1  | -                  | 8:35       | -            | 2        | 0:30        | 5       | 0:44       | 0.95        | 59:14      | -            | 13       | -             | 45      | -          |  |
| Zwischen Rad 2  | -                  | 5:46       | -            | 1        | -           | 5       | 0:06       | 0.95        | 1:05:00    | -            | 13       | -             | 45      | -          |  |
| Zwischen Rad 1  | -                  | 8:41       | -            | 2        | 0:29        | 7       | 0:45       | 0.95        | 1:13:41    | -            | 13       | -             | 45      | -          |  |
| Zwischen Rad 2  | -                  | 5:49       | -            | 1        | -           | 5       | 0:10       | 0.95        | 1:19:30    | -            | 13       | -             | 45      | -          |  |
| Rad             | 38.00              | 5:04       | 0:08         | 12       | 2:15        | 49      | 2:39       | 38.95       | 1:24:34    | 2:10         | 13       | -             | 45      | -          |  |
| Zwischen Lauf 1 | -                  | 10:00      | -            | 2        | 0:02        | 7       | 0:39       | 38.95       | 1:34:34    | -            | 13       | -             | 44      | -          |  |
| Zwischen Lauf 3 | -                  | 2:09       | -            | 2        | 0:02        | 5       | 0:05       | 38.95       | 1:36:43    | -            | 13       | -             | 44      | -          |  |
| Zwischen Lauf 2 | -                  | 5:15       | -            | 2        | 0:10        | 7       | 0:19       | 38.95       | 1:41:58    | -            | 13       | -             | 44      | -          |  |
| Zwischen Lauf 3 | -                  | 4:58       | -            | 2        | 0:14        | 8       | 0:27       | 38.95       | 1:46:56    | -            | 13       | -             | 44      | -          |  |
| Zwischen Lauf 2 | -                  | 5:18       | -            | 2        | 0:16        | 6       | 0:24       | 38.95       | 1:52:14    | -            | 13       | -             | 44      | -          |  |
| Zwischen Lauf 3 | -                  | 5:05       | -            | 2        | 0:24        | 7       | 0:30       | 38.95       | 1:57:19    | -            | 13       | -             | 44      | -          |  |
| Zwischen Lauf 2 | -                  | 5:16       | -            | 2        | 0:18        | 7       | 5:12       | 38.95       | 2:02:35    | -            | 13       | -             | 44      | -          |  |
| Strafzeit       | -                  | fehlt!     | -            | -        | -           | -       | -          | 38.95       | -          | -            | -        | -             | -       | -          |  |
| Lauf            | 10.00              | 3:00       | 0:18         | 2        | 0:06        | 6       | 1:15       | 48.95       | 2:05:35    | 2:33         | 1        | -             | 8       | 1:30:51    |  |