



### 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)

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