



3. Sparkasse Charity Triathlon Bidingen

Bidingen / 16.06.2013

Detailed evaluation

Lautenschläger, Sabrina

Club: Babenhausen

Number: 301

Course: 48.95 km

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

Category:

AK2 weiblich

Total time: 2:43:47

Speed: 17.58 km/h

Running performance: 3:21 min/km

Rank in course/Total: 56 (of 60)

Rank in course/Women: 6 (of 7)

Best time in course: 2:15:07

Rank in category: 2 (of 2)

Best time in the category: 2:15:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km				
Schwimmen	0.95	26:54	28:18	2	8:01	6	8:01	0.95	26:54	28:18	2	8:01	6	8:01
Zwischen Rad 1	-	13:24	-	2	1:58	4	1:58	0.95	40:18	-	2	9:59	6	9:59
Zwischen Rad 2	-	7:26	-	2	1:17	6	1:17	0.95	47:44	-	2	11:16	6	11:16
Zwischen Rad 1	-	10:52	-	2	1:39	5	1:39	0.95	58:36	-	2	12:55	6	12:55
Zwischen Rad 2	-	7:26	-	2	1:13	6	1:13	0.95	1:06:02	-	2	14:08	6	14:08
Zwischen Rad 1	-	11:11	-	2	2:13	5	2:13	0.95	1:17:13	-	2	16:21	6	16:21
Zwischen Rad 2	-	7:37	-	2	1:26	6	1:26	0.95	1:24:50	-	2	17:47	6	17:47
Zwischen Rad 1	-	10:58	-	2	1:41	5	1:41	0.95	1:35:48	-	2	19:28	6	19:28
Zwischen Rad 2	-	7:30	-	2	1:13	6	1:13	0.95	1:43:18	-	2	20:41	6	20:41
Rad	38.00	3:53	0:06	2	0:52	4	0:52	38.95	1:47:11	2:45	2	21:33	6	21:33
Zwischen Lauf 1	-	13:28	-	2	1:47	6	9:16	38.95	2:00:39	-	2	23:20	6	23:20
Zwischen Lauf 3	-	3:02	-	2	0:29	5	0:30	38.95	2:03:41	-	2	23:49	6	23:49
Zwischen Lauf 2	-	7:20	-	2	0:55	5	5:04	38.95	2:11:01	-	2	24:44	6	24:44
Zwischen Lauf 3	-	6:46	-	2	0:43	5	3:54	38.95	2:17:47	-	2	25:27	6	25:27
Zwischen Lauf 2	-	7:32	-	2	1:05	6	1:41	38.95	2:25:19	-	2	26:32	6	26:32
Zwischen Lauf 3	-	6:58	-	2	0:54	5	1:26	38.95	2:32:17	-	2	27:26	6	27:26
Zwischen Lauf 2	-	7:25	-	2	0:54	5	1:35	38.95	2:39:42	-	2	28:20	6	28:20
Strafzeit	-	fehlt!	-	-	-	-	-	38.95	-	-	-	-	-	-
Lauf	10.00	4:05	0:24	2	0:20	4	0:36	48.95	2:43:47	3:20	2	28:40	6	28:40