



3. Sparkasse Charity Triathlon Bidingen

Bidingen / 16.06.2013

Detailed evaluation

Präfke, Hendrik

Club: Brandloyalty

Number: 20

Course: 25.55 km

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

Category:

AK3 männlich

Total time: 1:16:20

Speed: 19.65 km/h

Running performance: 2:59 min/km

Rank in course/Total: 36 (of 119)

Rank in course/Men: 33 (of 87)

Best time in course: 1:02:44

Rank in category: 6(of 10)

Best time in the category: 1:02:44

Intermediate times

Stage score

Total ranking

Control	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	0.55	16:41	30:19	9	6:34	58	6:45	0.55	16:41	30:19	2	1:57	88	
Zwischen Rad 1	-	11:22	-	5	1:18	27	1:33	0.55	28:03	-	2	2:15	88	
Zwischen Rad 2	-	6:35	-	6	0:50	33	0:53	0.55	34:38	-	2	2:27	87	
Zwischen Rad 1	-	9:23	-	5	1:16	29	1:28	0.55	44:01	-	2	3:01	87	
Zwischen Rad 2	-	6:45	-	6	1:00	37	1:09	0.55	50:46	-	2	3:28	87	
Rad	20.00	3:22	0:10	6	0:37	34	0:51	20.55	54:08	2:38	2	3:33	87	
Zwischen Lauf 1	-	10:52	-	4	1:19	23	1:53	20.55	1:05:00	-	2	4:52	87	
Zwischen Lauf 2	-	8:08	-	4	1:06	24	1:22	20.55	1:13:08	-	2	5:58	87	
Strafzeit	-	fehlt!	-	-	-	-	-	20.55	-	-	-	-	-	-
Lauf	5.00	3:12	0:38	4	0:46	21	2:18	25.55	1:16:20	2:59	6	13:36	34	52:10