



### 3. Sparkasse Charity Triathlon Bidingen

Bidingen / 16.06.2013

#### Detailed evaluation

**Landsmann, Christian**

Club: Florstadt

Number: 224

Course: 37.25 km

Jedermann-Triathlon Power-Distanz (0,75-29,0-7,5)

Category:

AK3 männlich

Total time: 1:49:56

Speed: 20.19 km/h

Running performance: 2:57 min/km

Rank in course/Total: 14 (of 40)

Rank in course/Men: 13 (of 31)

Best time in course: 1:28:18

Rank in category: 4(of 5)

Best time in the category: 1:28:28

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	0.75	21:48	29:03	4	8:11	23	8:11	0.75	21:48	29:03	4	7:53	20	5:50
Zwischen Rad 1	-	11:26	-	4	1:08	10	1:33	0.75	33:14	-	4	9:01	20	4:44
Zwischen Rad 2	-	6:09	-	4	0:25	7	0:25	0.75	39:23	-	4	9:26	20	4:09
Zwischen Rad 1	-	9:08	-	4	1:03	10	1:05	0.75	48:31	-	4	10:29	20	2:55
Zwischen Rad 2	-	6:22	-	4	0:36	11	0:36	0.75	54:53	-	4	11:05	20	2:28
Zwischen Rad 1	-	9:23	-	4	1:17	12	1:17	0.75	1:04:16	-	4	12:16	20	1:20
Zwischen Rad 2	-	6:24	-	4	0:35	12	0:36	0.75	1:10:40	-	4	12:51	20	0:54
Rad	29.00	3:40	0:07	4	1:10	16	1:10	29.75	1:14:20	2:29	4	13:57	20	0:28
Zwischen Lauf 1	-	12:12	-	4	3:14	22	3:14	29.75	1:26:32	-	4	17:11	20	0:46
Zwischen Lauf 2	-	2:22	-	5	1:46	30	2:16	29.75	1:28:54	-	4	18:51	20	1:11
Zwischen Lauf 3	-	0:11	-	1	-	1	-	29.75	1:29:05	-	4	17:40	20	0:41
Zwischen Lauf 2	-	5:56	-	4	1:07	12	1:07	29.75	1:35:01	-	4	18:47	20	0:21
Strafzeit	-	fehlt!	-	-	-	-	-	29.75	-	-	-	-	-	-
Lauf	7.50	14:55	1:59	4	2:41	14	10:16	37.25	1:49:56	2:57	4	21:28	13	21:38