



3. Sparkasse Charity Triathlon Büdingen Büdingen / 16.06.2013

Detailed evaluation

Kohlas, Steffen

Club: Frankfurt City Triathlon
Number: 220

Course: 37.25 km

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

Category:

Senioren 2 MK45

Total time: 1:50:17

Speed: 20.13 km/h

Running performance: 2:58 min/km

Rank in course/Total: 15 (of 40)

Rank in course/Men: 14 (of 31)

Best time in course: 1:28:18

Rank in category: 3(of 9)

Best time in the category: 1:36:15

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|----------|------------|--------------|----------|-------------|-------------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Schwimmen | 0.75 | 21:16 | 28:21 | 7 | 5:18 | 21 | 7:39 | 0.75 | 21:16 | 28:21 | 3 | 4:12 | 19 | 5:18 |
| Zwischen Rad 1 | - | 11:46 | - | 2 | 0:14 | 13 | 1:53 | 0.75 | 33:02 | - | 3 | 3:52 | 19 | 4:32 |
| Zwischen Rad 2 | - | 6:32 | - | 4 | 0:09 | 16 | 0:48 | 0.75 | 39:34 | - | 3 | 4:00 | 19 | 4:20 |
| Zwischen Rad 1 | - | 9:35 | - | 3 | 0:18 | 15 | 1:32 | 0.75 | 49:09 | - | 3 | 4:10 | 19 | 3:33 |
| Zwischen Rad 2 | - | 6:52 | - | 4 | 0:15 | 17 | 1:06 | 0.75 | 56:01 | - | 3 | 4:25 | 19 | 3:36 |
| Zwischen Rad 1 | - | 9:53 | - | 3 | 0:31 | 16 | 1:47 | 0.75 | 1:05:54 | - | 3 | 4:48 | 19 | 2:58 |
| Zwischen Rad 2 | - | 6:41 | - | 4 | 0:05 | 18 | 0:53 | 0.75 | 1:12:35 | - | 3 | 4:49 | 19 | 2:49 |
| Rad | 29.00 | 4:00 | 0:08 | 6 | 0:56 | 25 | 1:30 | 29.75 | 1:16:35 | 2:34 | 3 | 5:45 | 19 | 2:43 |
| Zwischen Lauf 1 | - | 11:09 | - | 3 | 0:05 | 14 | 2:11 | 29.75 | 1:27:44 | - | 3 | 5:50 | 19 | 1:58 |
| Zwischen Lauf 2 | - | 1:01 | - | 3 | 0:15 | 13 | 0:55 | 29.75 | 1:28:45 | - | 3 | 5:51 | 19 | 1:02 |
| Zwischen Lauf 3 | - | 1:27 | - | 7 | 0:46 | 19 | 1:16 | 29.75 | 1:30:12 | - | 3 | 5:38 | 19 | 1:48 |
| Zwischen Lauf 2 | - | 5:39 | - | 1 | - | 8 | 0:50 | 29.75 | 1:35:51 | - | 3 | 4:15 | 19 | 1:11 |
| Strafzeit | - | fehlt! | - | - | - | - | - | 29.75 | - | - | - | - | - | - |
| Lauf | 7.50 | 14:26 | 1:55 | 2 | 9:47 | 9 | 9:47 | 37.25 | 1:50:17 | 2:57 | 3 | 14:02 | 14 | 21:59 |