



3. Sparkasse Charity Triathlon Bidingen

Bidingen / 16.06.2013

Detailed evaluation

Prennig, Jan

Club: Dreieich

Number: 39

Course: 25.55 km

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

Category:

AK1 männlich

Total time: 1:22:18

Speed: 18.23 km/h

Running performance: 3:13 min/km

Rank in course/Total: 58 (of 119)

Rank in course/Men: 49 (of 87)

Best time in course: 1:02:44

Rank in category: 5(of 7)

Best time in the category: 1:03:33

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	11:10	20:18	1	-	5	1:14	0.55	11:10	20:18	4	-	88	-
Zwischen Rad 1	-	14:09	-	6	4:11	69	4:20	0.55	25:19	-	4	2:55	88	-
Zwischen Rad 2	-	7:59	-	5	2:13	75	2:17	0.55	33:18	-	4	5:08	87	-
Zwischen Rad 1	-	11:46	-	5	3:44	70	3:51	0.55	45:04	-	4	8:52	87	-
Zwischen Rad 2	-	8:04	-	5	2:19	77	2:28	0.55	53:08	-	4	11:11	87	-
Rad	20.00	3:26	0:10	3	0:49	40	0:55	20.55	56:34	2:45	4	12:00	87	-
Zwischen Lauf 1	-	12:33	-	7	3:34	55	3:34	20.55	1:09:07	-	4	15:07	87	-
Zwischen Lauf 2	-	9:37	-	6	2:51	55	2:51	20.55	1:18:44	-	4	17:50	87	-
Strafzeit	-	fehlt!	-	-	-	-	-	20.55	-	-	-	-	-	-
Lauf	5.00	3:34	0:42	6	2:40	40	2:40	25.55	1:22:18	3:13	5	18:45	51	58:08