



### 3. Sparkasse Charity Triathlon Büdingen

Büdingen / 16.06.2013

#### Detailed evaluation

Alexander, Hans Joachim

Club: Ski-Club Erlenbach

Number: 200

Course: 37.25 km

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

Category:

Senioren 2 MK45

Total time: 1:53:00

Speed: 19.65 km/h

Running performance: 3:02 min/km

Rank in course/Total: 20 (of 40)

Rank in course/Men: 19 (of 31)

Best time in course: 1:28:18

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.75	19:59	26:38	6	4:01	19	6:22	0.75	19:59	26:38	6	2:55	14	4:01
Zwischen Rad 1	-	12:02	-	3	0:30	15	2:09	0.75	32:01	-	6	2:51	14	3:31
Zwischen Rad 2	-	6:23	-	1	-	11	0:39	0.75	38:24	-	6	2:50	14	3:10
Zwischen Rad 1	-	9:58	-	5	0:41	20	1:55	0.75	48:22	-	6	3:23	14	2:46
Zwischen Rad 2	-	6:53	-	5	0:16	18	1:07	0.75	55:15	-	6	3:39	14	2:50
Zwischen Rad 1	-	10:15	-	6	0:53	21	2:09	0.75	1:05:30	-	6	4:24	14	2:34
Zwischen Rad 2	-	6:39	-	2	0:03	15	0:51	0.75	1:12:09	-	6	4:23	14	2:23
Rad	29.00	4:01	0:08	7	0:57	26	1:31	29.75	1:16:10	2:33	6	5:20	14	2:18
Zwischen Lauf 1	-	12:43	-	8	1:39	24	3:45	29.75	1:28:53	-	6	6:59	14	3:07
Zwischen Lauf 2	-	1:01	-	3	0:15	13	0:55	29.75	1:29:54	-	6	7:00	14	2:11
Zwischen Lauf 3	-	1:26	-	6	0:45	18	1:15	29.75	1:31:20	-	6	6:46	14	2:56
Zwischen Lauf 2	-	6:01	-	2	0:22	13	1:12	29.75	1:37:21	-	6	5:45	14	2:41
Strafzeit	-	fehlt!	-	-	-	-	-	29.75	-	-	-	-	-	-
Lauf	7.50	15:39	2:05	5	11:00	18	11:00	37.25	1:53:00	3:02	6	16:45	19	24:42