



4. Charity Triathlon Bidingen

Bidingen / 31.05.2015

Detailed evaluation

Pflegshörl, Thomas

Total time: 1:57:11

Club: Altenstadt

Number: 184

Course: 37.25 km

Rank in course/Total: 23 (of 39)

Power-Distanz (0,75-29,0-7,5 km)

Rank in course/Men: 21 (of 30)

Best time in course: 1:25:17

Category:

Rank in category: 2(of 2)

Senioren 3 MK50

Best time in the category: 1:55:26

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.75	15:56	21:14	1	-	15	6:34	0.75	15:56	21:14	1	-	15	6:34
Rad	29.00	1:00:57	2:06	2	2:01	20	14:26	29.75	1:16:53	2:35	2	0:07	19	21:00
Lauf	7.50	40:18	5:22	2	1:38	25	10:54	37.25	1:57:11	3:08	2	1:45	21	31:54