



VR Bank Charity Duathlon Bidingen

Bidingen / 16.08.2020

Detailed evaluation

Ruppel, Michael

Total time: 2:11:54

Club: Feuerwehr Lardenbach-Klein Eichen

Number: 54

Course: 50.50 km

Rank in course/Total: 31 (of 54)

Chari Tria Olymp Duathlon(10-38-2,5)

Rank in course/Men: 29 (of 50)

Best time in course: 1:39:33

Category:

Rank in category: 3(of 4)

Senioren 1 MK40

Best time in the category: 2:04:53

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
Lauf	10.00	48:12	4:49	4	4:03	31	14:29	10.00	48:12	4:49	5	4:03	51	14:29
Rad	38.00	1:10:38	1:51	3	1:56	29	13:28	48.00	1:58:50	2:28	5	5:42	50	27:57
Lauf	2.50	13:04	5:13	4	1:41	24	4:24	50.50	2:11:54	2:36	3	7:01	29	32:21