



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

Detailed evaluation

Gernot Rückziegel

Total time: 2:18:42

Club: Lauftreff Freigericht

Number: 37

Course: 49.25 km

Rank in course/Total: 15 (of 42)

Chari Tria Olymp (1,25-38.0-10,0)

Rank in course/Men: 13 (of 34)

Best time in course: 1:49:44

Category:

Rank in category: 1(of 4)

Olymp Senioren 4 MK55

Best time in the category: 2:18:42

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 nett	1.25	23:10	18:32	1	-	9	4:40	1.25	23:10	18:32	1	-	35	4:40
Wechsel S -> R	-	2:56	-	2	0:27	11	1:13	1.25	26:06	20:52	1	-	35	5:53
Schwimmen Total	1.25	26:06	20:52	1	-	35	5:53	1.25	26:06	20:52	1	-	35	5:53
Rad netto	38.00	1:03:55	1:40	1	-	11	11:09	39.25	1:30:01	2:17	1	-	35	16:34
Wechsel R -> L	-	1:35	-	2	0:16	14	0:43	39.25	1:31:36	2:20	1	-	35	17:17
Rad Total	38.00	1:05:30	1:43	1	-	11	11:52	39.25	1:31:36	2:20	1	-	35	17:17
Lauf	10.00	47:06	4:42	4	2:48	24	11:41	49.25	2:18:42	2:48	1	-	13	28:58