



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

Detailed evaluation

Alexander Jost

Total time: 1:24:23

Number: 136

Course: 25.55 km

Rank in course/Total: 49 (of 70)

Chari Tria (0,55-20,0-5,0)

Rank in course/Men: 42 (of 55)

Best time in course: 58:31

Category:

Rank in category: 8(of 9)

Senioren 1 MK40

Best time in the category: 1:08:23

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	0.55	13:43	24:56	7	4:48	47	6:46	0.55	13:43	24:56	7	4:48	56	6:46
Wechsel S -> R	-	2:52	-	6	0:46	38	1:45	0.55	16:35	30:09	7	5:27	56	8:31
Schwimmen Total	0.55	16:35	30:09	7	5:27	56	8:31	0.55	16:35	30:09	7	5:27	56	8:31
Rad netto	20.00	39:54	1:59	7	8:36	41	10:33	20.55	56:29	2:44	8	10:57	56	17:27
Wechsel R -> L	-	1:47	-	6	0:53	43	1:08	20.55	58:16	2:50	8	11:29	56	18:26
Rad Total	20.00	41:41	2:05	7	8:39	42	11:32	20.55	58:16	2:50	8	11:29	56	18:26
Lauf	5.00	26:07	5:13	6	7:32	38	8:54	25.55	1:24:23	3:18	8	16:00	42	25:52