



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

Detailed evaluation

Volker Sonthoff

Total time: 1:03:55

Club: VfL Marburg Triathlon

Number: 158

Course: 25.55 km

Rank in course/Total: 7 (of 70)

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

Rank in course/Men: 7 (of 55)

Best time in course: 58:31

Category:

Rank in category: 1(of 8)

Senioren 3 MK50

Best time in the category: 1:03:55

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	8:10	14:50	1	-	2	1:13	0.55	8:10	14:50	1	-	56	1:13
Wechsel S -> R	-	1:44	-	2	0:07	16	0:37	0.55	9:54	18:00	1	-	56	1:50
Schwimmen Total	0.55	9:54	18:00	1	-	56	1:50	0.55	9:54	18:00	1	-	56	1:50
Rad netto	20.00	32:10	1:36	2	0:17	10	2:49	20.55	42:04	2:02	2	0:03	7	3:02
Wechsel R -> L	-	1:05	-	2	0:08	18	0:26	20.55	43:09	2:05	1	-	56	3:19
Rad Total	20.00	33:15	1:39	2	0:12	11	3:06	20.55	43:09	2:05	1	-	56	3:19
Lauf	5.00	20:46	4:09	1	-	11	3:33	25.55	1:03:55	2:30	1	-	7	5:24