



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

Detailed evaluation

Stefan Sonthoff-Grammann

Total time: 1:04:22

Club: VFL Marburg Triathlon

Number: 159

Course: 25.55 km

Rank in course/Total: 9 (of 70)

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

Rank in course/Men: 8 (of 55)

Best time in course: 58:31

Category:

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.55	8:31	15:29	2	0:21	7	1:34	0.55	8:31	15:29	2	0:21	56	1:34
Wechsel S -> R	-	1:37	-	1	-	13	0:30	0.55	10:08	18:25	2	0:14	56	2:04
Schwimmen Total	0.55	10:08	18:25	2	0:14	56	2:04	0.55	10:08	18:25	2	0:14	56	2:04
Rad netto	20.00	31:53	1:35	1	-	8	2:32	20.55	42:01	2:02	1	-	56	2:59
Wechsel R -> L	-	1:10	-	3	0:13	21	0:31	20.55	43:11	2:06	2	0:02	56	3:21
Rad Total	20.00	33:03	1:39	1	-	9	2:54	20.55	43:11	2:06	2	0:02	56	3:21
Lauf	5.00	21:11	4:14	2	0:25	14	3:58	25.55	1:04:22	2:31	2	0:27	8	5:51