



10. VR Bank Charity Triathlon Büdingen

Büdingen / 29.05.2022

Detailed evaluation

Silvana Kothe

Total time: 1:30:08

Club: Frika Triathlon Team Bad Vilbel

Number: 147

Course: 25.55 km

Rank in course/Total: 55 (of 70)

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

Rank in course/Women: 9 (of 15)

Best time in course: 1:04:16

Category:

Rank in category: 1(of 1)

Seniorinnen 5 WK60

Best time in the category: 1:30:08

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.55	13:46	25:01	1	-	9	5:50	0.55	13:46	25:01	1	-	9	5:50
Wechsel S -> R	-	3:41	-	1	-	14	2:32	0.55	17:27	31:43	1	-	16	8:17
Schwimmen Total	0.55	17:27	31:43	1	-	16	8:17	0.55	17:27	31:43	1	-	16	8:17
Rad netto	20.00	41:35	2:04	1	-	8	7:12	20.55	59:02	2:52	1	-	16	15:29
Wechsel R -> L	-	2:27	-	1	-	14	1:48	20.55	1:01:29	2:59	1	-	16	17:12
Rad Total	20.00	44:02	2:12	1	-	10	8:55	20.55	1:01:29	2:59	1	-	16	17:12
Lauf	5.00	28:39	5:43	1	-	10	9:24	25.55	1:30:08	3:31	1	-	9	25:52