

Homepage

**IRONMAN Frankfurt European Championship****Person**

Name	Appel, Uwe (GER)
Verein	TVA Dortmund Wickede
Altersklasse	45
Startnummer	2356
Mein Favorit	

**Renninfo**

SPLIT	ZEIT	PLATZ
Swim	01:13:38	1492
Trans 1	00:11:46	2220
Bike	06:18:22	1936
Trans 2	00:08:38	2232
Run	04:53:11	1579

**Gesamt**

Platz (M/W)	1764
Platz (AK)	392
Platz (Gesamt)	1947
Zielzeit (Brutto)	12:45:33

**Status**

Race state	im Ziel
Letzter Split	Ziel
Erw. Zielzeit	-
Erw. Zielzeit (Tageszeit)	-

**Splits**

SPLIT	TAGESZEIT	ZEIT	DIFF	MIN/KM	KM/H
Swim Lap	07:41:15	00:41:11	41:11	19:37	3.06
Swim Finish	08:13:42	01:13:38	32:27	19:06	3.14
Bike Start	08:25:27	01:25:23	11:45	-	-
Bike 13,4km	08:51:41	01:51:37	26:14	01:58	30.64
Bike 24,5km	09:15:22	02:15:18	23:41	02:08	28.14
Bike 30,4km	09:26:27	02:26:23	11:05	01:53	31.90
Bike 44,7km	09:56:21	02:56:17	29:54	02:06	28.70
Bike 60,5km	10:29:32	03:29:28	33:11	02:07	28.57
Bike 88,3km	11:22:20	04:22:16	52:48	01:54	31.59
Bike 96,1km	11:37:25	04:37:21	15:05	01:57	31.01
Bike 97,4km	11:41:42	04:41:38	04:17	03:18	18.25
Bike 108,5km	12:07:28	05:07:24	25:46	02:20	25.84
Bike 114,4km	12:19:53	05:19:49	12:25	02:07	28.52
Bike 128,7km	12:52:47	05:52:43	32:54	02:19	26.08
Bike 144,5km	13:30:20	06:30:16	37:33	02:23	25.24
Bike 172,3km	14:26:48	07:26:44	56:28	02:02	29.54
Bike 180,1km	14:42:58	07:42:54	16:10	02:05	28.97
BikeFinish	14:43:48	07:43:44	50	08:28	7.09
Run Start	14:52:26	07:52:22	08:38	-	-
Run 1,8km	15:04:23	08:04:19	11:57	06:39	9.04
Run 3km	15:11:06	08:11:02	06:43	06:07	9.83

<b>SPLIT</b>	<b>TAGESZEIT</b>	<b>ZEIT</b>	<b>DIFFMIN/KM</b>	<b>KM/H</b>	
Run 6km	15:29:01	08:28:57	17:55	05:47	10.38
Run 7,7km	15:40:07	08:40:03	11:06	06:32	9.19
Run 9,7km	15:52:10	08:52:06	12:03	06:02	9.96
Run 10,5km	15:57:21	08:57:17	05:11	06:29	9.27
Run 12,3km	16:08:02	09:07:58	10:41	05:57	10.11
Run 13,5km	16:15:19	09:15:15	07:17	06:05	9.88
Run 16,5km	16:34:09	09:34:05	18:50	06:17	9.56
Run 18,2km	16:46:35	09:46:31	12:26	07:20	8.20
Run 20,2km	17:00:51	10:00:47	14:16	07:08	8.42
Run 21km	17:06:46	10:06:42	05:55	07:25	8.10
Run 22,8km	17:18:22	10:18:18	11:36	06:27	9.32
Run 23,9km	17:26:39	10:26:35	08:17	07:33	7.96
Run 27km	17:48:09	10:48:05	21:30	06:57	8.65
Run 28,7km	18:02:58	11:02:54	14:49	08:43	6.89
Run 30,7km	18:16:59	11:16:55	14:01	07:01	8.57
Run 31,4km	18:22:48	11:22:44	05:49	08:19	7.22
Run 33,3km	18:35:52	11:35:48	13:04	06:53	8.73
Run 34,4km	18:45:19	11:45:15	09:27	08:36	6.98
Run 37,4km	19:08:26	12:08:22	23:07	07:43	7.78
Run 39,2km	19:22:43	12:22:39	14:17	07:57	7.56
Run 41,3km	19:38:29	12:38:25	15:46	07:31	8.00
Run 41,9km	19:44:12	12:44:08	05:43	09:33	6.29
Ziel	19:45:37	12:45:33	01:25	04:47	12.55

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