



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

Detailed evaluation

Aßmann, Holger

Total time: 2:04:10

Club: Triathlon Jena e.V.

Number: 44

Course: 35.70 km

Rank in course/Total: 20 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

Rank in course/Men: 18 (of 48)

Best time in course: 1:36:59

Category:

Rank in category: 1(of 2)

TM 55, Senioren 4

Best time in the category: 2:04:10

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
Wechsel Schw.-R	0.50	12:09	24:18	1	-	25	3:18	0.50	12:09	24:18	1	-	45	
Schwimmen	0.01	2:10	216:39	1	-	20	1:48	0.51	14:19	28:04	1	-	45	
Schwimmen Total	0.51	14:19												
Runde Rad	2.00	6:07	3:03	1	-	38	1:48	2.51	20:26	8:08	1	-	44	
Runde Rad	8.70	21:59	2:31	1	-	30	5:07	11.21	42:25	3:47	1	-	44	
Runde Rad	8.70	22:58	2:38	1	-	34	5:06	19.91	1:05:23	3:17	1	-	44	
Wechsel Rad-Lauf	8.70	23:55	2:44	1	-	37	5:39	28.61	1:29:18	3:07	1	-	42	
Rad	0.01	0:03	5:00	1	-	5	0:01	28.62	1:29:21	3:07	1	-	42	
Rad Total	28.11	1:15:02												
Runde Lauf	2.40	11:32	4:48	1	-	14	11:22	31.02	1:40:53	3:15	1	-	42	
Runde Lauf	2.40	11:45	4:53	1	-	12	2:00	33.42	1:52:38	3:22	1	-	41	
Lauf	2.28	11:32	5:03	1	-	9	1:58	35.70	2:04:10	3:28	1	-	18	27:11
Lauf Total	35.19	2:04:10												