



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

Detailed evaluation

Bretternitz, Heiko

Total time: 2:06:23

Club: Torpedo Kirchhasel

Number: 55

Course: 35.70 km

Rank in course/Total: 23 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

Rank in course/Men: 21 (of 48)

Best time in course: 1:36:59

Category:

Rank in category: 5(of 8)

TM 40, Senioren 1

Best time in the category: 1:48:13

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	10:59	21:57	3	1:40	14	2:08	0.50	10:59	21:57	6			26
Schwimmen	0.01	2:44	273:19	7	1:20	33	2:22	0.51	13:43	26:53	6			48
Schwimmen Total	0.51	13:43												
Runde Rad	2.00	5:31	2:45	5	0:39	20	1:12	2.51	19:14	7:39	5	3:30		47
Runde Rad	8.70	20:45	2:23	5	3:28	21	3:53	11.21	39:59	3:34	5	5:28		47
Runde Rad	8.70	21:41	2:29	5	3:49	23	3:49	19.91	1:01:40	3:05	5	8:12		47
Wechsel Rad-Lau	8.70	22:33	2:35	5	4:00	28	4:17	28.61	1:24:13	2:56	5	11:32		45
Rad	0.01	0:05	8:19	2	0:03	11	0:03	28.62	1:24:18	2:56	5	11:11		45
Rad Total	28.11	1:10:35												
Runde Lauf	2.40	13:09	5:28	5	1:45	27	12:59	31.02	1:37:27	3:08	5	12:56		45
Runde Lauf	2.40	14:16	5:56	5	2:25	27	4:31	33.42	1:51:43	3:20	5	15:21		44
Lauf	2.28	14:40	6:25	5	2:49	31	5:06	35.70	2:06:23	3:32	5	18:10	21	29:24
Lauf Total	35.19	2:06:23												