



Detailed evaluation

Heiner Großkreuz

Total time: 2:29:15

Club: TSG Markkleeberg / Rolschter Jung

Number: 13

Course: 37.00 km

Rank in course/Total: 61 (of 74)

Hexengrund-Triathlon 37 km

Rank in course/Men: 50 (of 58)

Best time in course: 1:33:38

Category:

Rank in category: 6(of 6)

AK 30 M

Best time in the category: 1:54:21

Control	Intermediate times				Stage score				Total ranking					
	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	0.50	14:11	28:22	6	3:32	37	6:43	0.50	14:11	28:22	6	3:32	37	6:43
Wechsel Schw.-R	-	3:34	-	6	1:46	46	2:41	0.50	17:45	35:30	6	4:01	39	9:14
Schwimmen Total	0.50	17:45	35:30	6	4:01	39	9:14	0.50	17:45	35:30	6	4:01	39	9:14
Vorrunde Rad	2.00	5:40	2:50	6	1:00	42	1:40	2.50	23:25	9:22	6	4:27	41	10:22
Runde Rad	9.00	23:35	2:37	6	4:06	39	6:45	11.50	47:00	4:05	6	7:42	41	16:56
Runde Rad	9.00	24:15	2:41	6	4:50	43	7:15	20.50	1:11:15	3:28	6	11:35	42	23:54
Runde Rad	9.00	25:05	2:47	6	5:44	44	7:26	29.50	1:36:20	3:15	6	17:03	43	31:15
Wechsel Rad-Lau	-	1:23	-	5	1:15	48	1:17	29.50	1:37:43	3:18	6	18:13	43	32:15
Rad Total	29.00	1:19:58	2:45	6	16:23	49	1:19:58	29.50	1:37:43	3:18	6	18:13	43	32:15
Runde Laufen	2.50	17:06	6:50	6	5:35	51	8:00	32.00	1:54:49	3:35	6	23:46	46	39:28
Runde Laufen	2.50	17:05	6:49	6	5:18	52	8:01	34.50	2:11:54	3:49	6	29:04	47	47:15
Lauf	2.50	17:21	6:56	6	5:50	52	8:22	37.00	2:29:15	4:02	6	34:54	50	55:37
Lauf Total	7.50	51:32	6:52	6	16:43	52	24:23	37.00	2:29:15	4:02	6	34:54	50	55:37