



Detailed evaluation

Dirk Ertner

Total time: 2:18:57

Club: Kids Running e.V.

Number: 33

Course: 37.00 km

Rank in course/Total: 51 (of 74)

Hexengrund-Triathlon 37 km

Rank in course/Men: 44 (of 58)

Best time in course: 1:33:38

Category:

Rank in category: 6(of 8)

AK 50, Senioren 3

Best time in the category: 1:50:34

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
Schwimmen nett	0.50	17:24	34:47	7	6:53	53	9:56	0.50	17:24	34:47	7	6:53	53	9:56
Wechsel Schw.-R	-	3:46	-	7	2:19	51	2:53	0.50	21:10	42:20	7	9:11	53	12:39
Schwimmen Total	0.50	21:10	42:20	7	9:11	53	12:39	0.50	21:10	42:20	7	9:11	53	12:39
Vorrunde Rad	2.00	5:33	2:46	5	1:11	39	1:33	2.50	26:43	10:41	7	9:31	53	13:40
Runde Rad	9.00	22:53	2:32	6	4:46	36	6:03	11.50	49:36	4:18	7	12:40	48	19:32
Runde Rad	9.00	22:45	2:31	5	3:53	34	5:45	20.50	1:12:21	3:31	6	16:33	43	25:00
Runde Rad	9.00	23:06	2:34	5	3:52	33	5:27	29.50	1:35:27	3:14	6	20:11	40	30:22
Wechsel Rad-Lau	-	1:57	-	7	1:51	51	1:51	29.50	1:37:24	3:18	6	21:02	42	31:56
Rad Total	29.00	1:16:14	2:37	7	1:16:14	42	1:16:14	29.50	1:37:24	3:18	6	21:02	42	31:56
Runde Laufen	2.50	13:35	5:26	5	3:17	39	4:29	32.00	1:50:59	3:28	6	22:32	43	35:38
Runde Laufen	2.50	14:11	5:40	6	3:39	42	5:07	34.50	2:05:10	3:37	6	24:58	42	40:31
Lauf	2.50	13:47	5:30	5	3:25	39	4:48	37.00	2:18:57	3:45	6	28:23	44	45:19
Lauf Total	7.50	41:33	5:32	5	10:21	40	14:24	37.00	2:18:57	3:45	6	28:23	44	45:19