



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

3 Sahneschnitten

Number: 304

Course: 48.80 km

Staffel 48,8 km

Total time: 3:26:52

Speed: 13.92 km/h

Running performance: 4:14 min/km

Rank in course: 17 (of 17)

Best time in course: 1:59:25

Rank in category: 17(of 1)

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen nett	0.80	20:01	25:01	1	-	15	9:33	0.80	20:01	25:01	1	-	15	9:33
Wechsel Schw.-R	-	0:34	-	1	-	12	0:15	0.80	20:35	-	1	-	16	9:44
Runde Rad	38.00	2:00:45	3:10	1	-	17	47:53	38.80	2:21:20	3:38	1	-	17	57:37
Wechsel Rad-Lau	-	0:14	-	1	-	12	0:06	38.80	2:21:34	-	1	-	17	57:41
Lauf	10.00	1:05:18	6:31	1	-	16	30:15	48.80	3:26:52	4:14	1	-	17	1:27:27