



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

SPORT macht SPASS

Club: Thüringer Bergziegen

Number: 309

Course: 48.80 km

Staffel 48,8 km

Total time: 2:13:44

Speed: 21.54 km/h

Running performance: 2:44 min/km

Rank in course: 3 (of 17)

Best time in course: 1:59:25

Rank in category: 3(of 6)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen nett	0.80	14:55	18:38	1	-	5	4:27	0.80	14:55	18:38	1	-	5	4:27
Wechsel Schw.-R	-	0:19	-	1	-	1	-	0.80	15:14	-	1	-	5	4:23
Runde Rad	38.00	1:18:30	2:03	1	-	2	5:38	38.80	1:33:44	2:24	1	-	2	10:01
Wechsel Rad-Lau	-	0:11	-	2	0:03	4	0:03	38.80	1:33:55	-	1	-	2	10:02
Lauf	10.00	39:49	3:58	1	-	4	4:46	48.80	2:13:44	2:44	1	-	3	14:19