



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Forrest Kamp

Club: Saalfeld

Number: 302

Course: 48.80 km

Staffel 48,8 km

Category:

Hexengrund-Triathlon Staffel

Total time: 2:31:22

Speed: 19.03 km/h

Running performance: 3:06 min/km

Rank in course: 6 (of 17)

Best time in course: 1:59:25

Rank in category: 6(of 10)

Best time in the category: 1:59:25

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	16:37	20:46	7	6:09	8	6:09	0.80	16:37	20:46	7	6:09	8	6:09
Wechsel Schw.-R	-	2:25	-	10	2:06	17	2:06	0.80	19:02	-	8	8:11	11	8:11
Runde Rad	38.00	1:32:06	2:25	5	19:14	7	19:14	38.80	1:51:08	2:51	6	27:25	8	27:25
Wechsel Rad-Lau	-	0:15	-	9	0:05	15	0:07	38.80	1:51:23	-	6	27:30	8	27:30
Lauf	10.00	39:59	3:59	4	4:56	5	4:56	48.80	2:31:22	3:06	4	31:57	6	31:57