



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

## Detailed evaluation

### TEAM SLFIT

Club: SLFIT

Number: 301

Course: 48.80 km

Staffel 48,8 km

Category:

Hexengrund-Triathlon Staffel

Total time: 2:35:03

Speed: 18.57 km/h

Running performance: 3:10 min/km

Rank in course: 9 (of 17)

Best time in course: 1:59:25

Rank in category: 9(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		Total ranking		Pos Cat.	Behind Cat.	Pos Total	Behind Total	
						Pos Total	Behind Total	Total km	Total Time	Total min/km						
Schwimmen nett	0.80	12:24	15:30	2	1:56	2	1:56	0.80	12:24	15:30	2	1:56	2	1:56		
Wechsel Schw.-R	-	0:45	-	9	0:26	16	0:26	0.80	13:09	-	2	2:18	2	2:18		
Runde Rad	38.00	1:42:13	2:41	7	29:21	12	29:21	38.80	1:55:22	2:58	7	31:39	10	31:39		
Wechsel Rad-Lau	-	0:10	-	1	-	2	0:02	38.80	1:55:32	-	7	31:39	10	31:39		
Lauf	10.00	39:31	3:57	3	4:28	3	4:28	48.80	2:35:03	3:10	7	35:38	9	35:38		