



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Lars Korn

Total time: 2:00:10

Club: Trailrunning-Crew Thüringen

Number: 11

Course: 37.00 km

Rank in course/Total: 18 (of 56)

Hexengrund-Triathlon

Rank in course/Men: 17 (of 38)

Best time in course: 1:36:42

Rank in category: 18(of 7)

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	14:31	29:02	6	5:53	32	7:11	0.50	14:31	29:02	6	5:53	32	7:11
Wechsel Schw.-R	-	4:14	-	6	2:26	34	3:29	0.50	18:45	37:30	7	8:16	33	10:35
Schwimmen Total	0.50	18:45	37:30	7	8:16	33	10:35	0.50	18:45	37:30	7	8:16	33	10:35
Rad netto	29.00	1:09:03	2:22	4	8:37	17	11:49	29.50	1:27:48	2:58	5	16:53	21	22:24
Wechsel Rad-Lauf	-	1:19	-	6	1:04	35	1:05	29.50	1:29:07	3:01	5	17:28	22	23:10
Rad Total	29.00	1:10:22	2:25	4	9:12	18	12:35	29.50	1:29:07	3:01	5	17:28	22	23:10
Lauf	7.50	31:03	4:08	2	1:52	9	3:38	37.00	2:00:10	3:14	3	19:20	17	23:28