



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Marco Dähnert

Total time: 2:00:29

Club: Laufexpress Rudolstadt

Number: 41

Course: 37.00 km

Rank in course/Total: 19 (of 56)

Hexengrund-Triathlon

Rank in course/Men: 18 (of 38)

Best time in course: 1:36:42

Rank in category: 19(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	13:38	27:15	4	5:00	27	6:18	0.50	13:38	27:15	4	5:00	27	6:18
Wechsel Schw.-R	-	3:24	-	5	1:36	29	2:39	0.50	17:02	34:04	5	6:33	27	8:52
Schwimmen Total	0.50	17:02	34:04	5	6:33	27	8:52	0.50	17:02	34:04	5	6:33	27	8:52
Rad netto	29.00	1:07:59	2:20	3	7:33	14	10:45	29.50	1:25:01	2:52	4	14:06	19	19:37
Wechsel Rad-Lau	-	0:15	-	1	-	2	0:01	29.50	1:25:16	2:53	3	13:37	18	19:19
Rad Total	29.00	1:08:14	2:21	3	7:04	13	10:27	29.50	1:25:16	2:53	3	13:37	18	19:19
Lauf	7.50	35:13	4:41	3	6:02	17	7:48	37.00	2:00:29	3:15	4	19:39	18	23:47