



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

## Detailed evaluation

Adelheid Janke

Total time: 2:23:19

Number: 53

Course: 37.00 km

Rank in course/Total: 35 (of 56)

Hexengrund-Triathlon

Rank in course/Women: 7 (of 18)

Best time in course: 1:58:46

Category:

Rank in category: 3(of 4)

AK 35 W

Best time in the category: 1:58:46

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.50	13:29	26:57	4	2:22	13	3:36	0.50	13:29	26:57	4	2:22	13	3:36
Wechsel Schw.-R	-	2:44	-	2	0:30	9	1:26	0.50	16:13	32:25	4	2:52	12	4:44
Schwimmen Total	0.50	16:13	32:25	4	2:52	12	4:44	0.50	16:13	32:25	4	2:52	12	4:44
Rad netto	29.00	1:22:35	2:50	2	12:09	4	12:09	29.50	1:38:48	3:20	3	15:01	5	15:01
Wechsel Rad-Lauf	-	0:16	-	2	0:02	2	0:02	29.50	1:39:04	3:21	3	15:03	5	15:03
Rad Total	29.00	1:22:51	2:51					29.50	1:39:04	3:21	3	15:03	5	15:03
Lauf	7.50	44:15	5:54	3	9:55	8	30:47	37.00	2:23:19	3:52	3	24:33	7	24:33