



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Lars Erik Fricke

Total time: 1:36:42

Club: AC Apolda

Number: 31

Course: 37.00 km

Rank in course/Total: 1 (of 56)

Hexengrund-Triathlon

Rank in course/Men: 1 (of 38)

Best time in course: 1:36:42

Category:

Rank in category: 1(of 10)

AK 40, Senioren 1

Best time in the category: 1:36:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	7:20	14:39	1	-	4	7:17	0.50	7:20	14:39	1	-	4	7:17
Wechsel Schw.-R	-	0:50	-	2	0:03	3	0:05	0.50	8:10	16:19	1	-	1	-
Schwimmen Total	0.50	8:10	16:19	1	-	1	-	0.50	8:10	16:19	1	-	1	-
Rad netto	29.00	57:14	1:58	1	-	1	-	29.50	1:05:24	2:13	1	-	1	-
Wechsel Rad-Lauf	-	0:33	-	3	0:17	15	0:19	29.50	1:05:57	2:14	1	-	1	-
Rad Total	29.00	57:47	1:59					29.50	1:05:57	2:14	1	-	1	-
Lauf	7.50	30:45	4:05	4	1:11	8	3:20	37.00	1:36:42	2:36	1	-	1	-