



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Yves Eberhardt

Total time: 1:42:09

Club: X-Runners Jena e.V.

Number: 25

Course: 37.00 km

Rank in course/Total: 3 (of 56)

Hexengrund-Triathlon

Rank in course/Men: 3 (of 38)

Best time in course: 1:36:42

Category:

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	10:56	21:52	5	3:36	19	10:53	0.50	10:56	21:52	5	3:36	19	10:53
Wechsel Schw.-R	-	0:47	-	1	-	2	0:02	0.50	11:43	23:26	2	3:33	8	3:33
Schwimmen Total	0.50	11:43	23:26	2	3:33	8	3:33	0.50	11:43	23:26	2	3:33	8	3:33
Rad netto	29.00	59:26	2:02	2	2:12	2	2:12	29.50	1:11:09	2:24	2	5:45	3	5:45
Wechsel Rad-Lauf	-	0:49	-	8	0:33	26	0:35	29.50	1:11:58	2:26	2	6:01	3	6:01
Rad Total	29.00	1:00:15	2:04					29.50	1:11:58	2:26	2	6:01	3	6:01
Lauf	7.50	30:11	4:01	2	0:37	6	2:46	37.00	1:42:09	2:45	2	5:27	3	5:27