



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Sebastian Thiele

Total time: 1:49:02

Club: Thüringer Bergziegen

Number: 51

Course: 37.00 km

Rank in course/Total: 7 (of 56)

Hexengrund-Triathlon

Rank in course/Men: 7 (of 38)

Best time in course: 1:36:42

Category:

Rank in category: 4(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	10:01	20:02	3	2:41	13	9:58	0.50	10:01	20:02	3	2:41	13	9:58
Wechsel Schw.-R	-	2:24	-	4	1:37	15	1:39	0.50	12:25	24:49	4	4:15	13	4:15
Schwimmen Total	0.50	12:25	24:49	4	4:15	13	4:15	0.50	12:25	24:49	4	4:15	13	4:15
Rad netto	29.00	1:05:12	2:14	4	7:58	10	7:58	29.50	1:17:37	2:37	4	12:13	10	12:13
Wechsel Rad-Lauf	-	0:42	-	5	0:26	19	0:28	29.50	1:18:19	2:39	4	12:22	10	12:22
Rad Total	29.00	1:05:54	2:16					29.50	1:18:19	2:39	4	12:22	10	12:22
Lauf	7.50	30:43	4:05	3	1:09	7	3:18	37.00	1:49:02	2:56	4	12:20	7	12:20