



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Stefan Eberhardt

Total time: 2:33:42

Club: Laufclub Rudolstadt

Number: 10

Course: 37.00 km

Rank in course/Total: 44 (of 56)

Hexengrund-Triathlon

Rank in course/Men: 34 (of 38)

Best time in course: 1:36:42

Category:

Rank in category: 8(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	14:38	29:15	9	7:18	35	14:35	0.50	14:38	29:15	9	7:18	35	14:35
Wechsel Schw.-R	-	2:30	-	5	1:43	17	1:45	0.50	17:08	34:15	7	8:58	29	8:58
Schwimmen Total	0.50	17:08	34:15	7	8:58	29	8:58	0.50	17:08	34:15	7	8:58	29	8:58
Rad netto	29.00	1:32:16	3:10	10	35:02	38	35:02	29.50	1:49:24	3:42	10	44:00	38	44:00
Wechsel Rad-Lauf	-	0:40	-	4	0:24	18	0:26	29.50	1:50:04	3:43	10	44:07	38	44:07
Rad Total	29.00	1:32:56	3:12					29.50	1:50:04	3:43	10	44:07	38	44:07
Lauf	7.50	43:38	5:49	8	14:04	31	16:13	37.00	2:33:42	4:09	8	57:00	34	57:00