



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

## Detailed evaluation

Paul Heide

Total time: 1:54:54

Number: 2

Course: 37.00 km

Rank in course/Total: 13 (of 56)

Hexengrund-Triathlon

Rank in course/Men: 13 (of 38)

Best time in course: 1:36:42

Category:

Rank in category: 2(of 2)

AK 25 M

Best time in the category: 1:49:56

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	9:47	19:33	1	-	11	9:44	0.50	9:47	19:33	1	-	11	9:44
Wechsel Schw.-R	-	2:02	-	2	0:24	12	1:17	0.50	11:49	23:37	1	-	9	3:39
Schwimmen Total	0.50	11:49	23:37	1	-	9	3:39	0.50	11:49	23:37	1	-	9	3:39
Rad netto	29.00	1:03:01	2:10	1	-	7	5:47	29.50	1:14:50	2:32	1	-	5	9:26
Wechsel Rad-Lauf	-	0:29	-	1	-	12	0:15	29.50	1:15:19	2:33	1	-	5	9:22
Rad Total	29.00	1:03:30	2:11					29.50	1:15:19	2:33	1	-	5	9:22
Lauf	7.50	39:35	5:16	2	5:57	24	12:10	37.00	1:54:54	3:06	2	4:58	13	18:12