



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Norman Fricke

Total time: 1:54:30

Club: AC Apolda

Number: 30

Course: 37.00 km

Rank in course/Total: 12 (of 56)

Hexengrund-Triathlon

Rank in course/Men: 12 (of 38)

Best time in course: 1:36:42

Category:

Rank in category: 2(of 4)

AK 45, Senioren 2

Best time in the category: 1:51:35

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	10:13	20:26	3	1:06	15	10:10	0.50	10:13	20:26	3	1:06	15	10:10
Wechsel Schw.-R	-	1:38	-	3	0:17	7	0:53	0.50	11:51	23:41	3	1:20	10	3:41
Schwimmen Total	0.50	11:51	23:41	3	1:20	10	3:41	0.50	11:51	23:41	3	1:20	10	3:41
Rad netto	29.00	1:07:33	2:19	2	0:44	13	10:19	29.50	1:19:24	2:41	2	2:04	12	14:00
Wechsel Rad-Lauf	-	0:47	-	2	0:18	24	0:33	29.50	1:20:11	2:43	2	2:22	12	14:14
Rad Total	29.00	1:08:20	2:21					29.50	1:20:11	2:43	2	2:22	12	14:14
Lauf	7.50	34:19	4:34	2	0:33	13	6:54	37.00	1:54:30	3:05	2	2:55	12	17:48