



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

## Detailed evaluation

**Michael sieber**

**Total time: 2:12:36**

Club: dlrg wwimar

Number: 40

Course: 37.00 km

Rank in course/Total: 26 (of 56)

Hexengrund-Triathlon

Rank in course/Men: 24 (of 38)

Best time in course: 1:36:42

Category:

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	9:07	18:14	1	-	8	9:04	0.50	9:07	18:14	1	-	8	9:04
Wechsel Schw.-R	-	1:34	-	2	0:13	5	0:49	0.50	10:41	21:22	2	0:10	6	2:31
Schwimmen Total	0.50	10:41	21:22	2	0:10	6	2:31	0.50	10:41	21:22	2	0:10	6	2:31
Rad netto	29.00	1:17:58	2:41	3	11:09	27	20:44	29.50	1:28:39	3:00	3	11:19	23	23:15
Wechsel Rad-Lauf	-	1:02	-	3	0:33	31	0:48	29.50	1:29:41	3:02	3	11:52	23	23:44
Rad Total	29.00	1:19:00	2:43					29.50	1:29:41	3:02	3	11:52	23	23:44
Lauf	7.50	42:55	5:43	4	9:09	28	15:30	37.00	2:12:36	3:35	3	21:01	24	35:54