



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Stefan Güssmer

Total time: 2:27:35

Club: Fantiröh Leipzig

Number: 33

Course: 37.00 km

Rank in course/Total: 39 (of 56)

Hexengrund-Triathlon

Rank in course/Men: 31 (of 38)

Best time in course: 1:36:42

Category:

Rank in category: 4(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	13:49	27:37	4	4:42	29	13:46	0.50	13:49	27:37	4	4:42	29	13:46
Wechsel Schw.-R	-	6:25	-	4	5:04	35	5:40	0.50	20:14	40:28	4	9:43	36	12:04
Schwimmen Total	0.50	20:14	40:28	4	9:43	36	12:04	0.50	20:14	40:28	4	9:43	36	12:04
Rad netto	29.00	1:27:16	3:00	4	20:27	34	30:02	29.50	1:47:30	3:38	4	30:10	36	42:06
Wechsel Rad-Lau	-	2:00	-	4	1:31	38	1:46	29.50	1:49:30	3:42	4	31:41	36	43:33
Rad Total	29.00	1:29:16	3:04					29.50	1:49:30	3:42	4	31:41	36	43:33
Lauf	7.50	38:05	5:04	3	4:19	20	10:40	37.00	2:27:35	3:59	4	36:00	31	50:53