



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Jürgen Rockstroh

Total time: 2:28:47

Club: TSV 1880 Gera-Zwötzen

Number: 19

Course: 37.00 km

Rank in course/Total: 42 (of 56)

Hexengrund-Triathlon

Rank in course/Men: 32 (of 38)

Best time in course: 1:36:42

Rank in category: 42(of 1)

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	14:18	28:36	1	-	30	6:58	0.50	14:18	28:36	1	-	30	6:58
Wechsel Schw.-R	-	2:26	-	1	-	17	1:41	0.50	16:44	33:28	1	-	26	8:34
Schwimmen Total	0.50	16:44	33:28	1	-	26	8:34	0.50	16:44	33:28	1	-	26	8:34
Rad netto	29.00	1:25:48	2:57	1	-	31	28:34	29.50	1:42:32	3:28	1	-	31	37:08
Wechsel Rad-Lauf	-	0:25	-	1	-	11	0:11	29.50	1:42:57	3:29	1	-	31	37:00
Rad Total	29.00	1:26:13	2:58	1	-	31	28:26	29.50	1:42:57	3:29	1	-	31	37:00
Lauf	7.50	45:50	6:06	1	-	34	18:25	37.00	2:28:47	4:01	1	-	32	52:05