



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Antje Goldhorn

Total time: 2:47:05

Number: 18

Course: 37.00 km

Rank in course/Total: 54 (of 56)

Hexengrund-Triathlon

Rank in course/Women: 16 (of 18)

Best time in course: 1:58:46

Category:

Rank in category: 3(of 3)

AK 45, Seniorinnen 2

Best time in the category: 2:19:03

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.50	14:24	28:48	3	3:00	14	4:31	0.50	14:24	28:48	3	3:00	14	4:31
Wechsel Schw.-R	-	3:21	-	3	1:44	11	2:03	0.50	17:45	35:30	3	4:44	14	6:16
Schwimmen Total	0.50	17:45	35:30	3	4:44	14	6:16	0.50	17:45	35:30	3	4:44	14	6:16
Rad netto	29.00	1:42:54	3:32	3	22:38	16	32:28	29.50	2:00:39	4:05	3	26:45	16	36:52
Wechsel Rad-Lauf	-	0:22	-	2	0:02	8	0:08	29.50	2:01:01	4:06	3	26:30	16	37:00
Rad Total	29.00	1:43:16	3:33					29.50	2:01:01	4:06	3	26:30	16	37:00
Lauf	7.50	46:04	6:08	3	6:30	11	32:36	37.00	2:47:05	4:30	3	28:02	16	48:19