



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Thomas Rabe

Total time: 2:06:16

Club: Saalfeld

Number: 23

Course: 37.00 km

Rank in course/Total: 25 (of 56)

Hexengrund-Triathlon

Rank in course/Men: 23 (of 38)

Best time in course: 1:36:42

Category:

Rank in category: 2(of 4)

AK 55, Senioren 4

Best time in the category: 1:43:32

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	10:01	20:02	2	1:17	13	9:58	0.50	10:01	20:02	2	1:17	13	9:58
Wechsel Schw.-R	-	2:23	-	2	1:38	14	1:38	0.50	12:24	24:48	2	2:55	12	4:14
Schwimmen Total	0.50	12:24	24:48	2	2:55	12	4:14	0.50	12:24	24:48	2	2:55	12	4:14
Rad netto	29.00	1:14:39	2:34	2	10:54	22	17:25	29.50	1:27:03	2:57	2	13:49	20	21:39
Wechsel Rad-Lauf	-	0:22	-	1	-	7	0:08	29.50	1:27:25	2:57	2	13:36	20	21:28
Rad Total	29.00	1:15:01	2:35					29.50	1:27:25	2:57	2	13:36	20	21:28
Lauf	7.50	38:51	5:10	2	9:08	22	11:26	37.00	2:06:16	3:24	2	22:44	23	29:34