



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Monika Fricke

Total time: 2:53:13

Club: AC Apolda

Number: 48

Course: 37.00 km

Rank in course/Total: 56 (of 56)

Hexengrund-Triathlon

Rank in course/Women: 18 (of 18)

Best time in course: 1:58:46

Category:

Rank in category: 2(of 2)

AK 65, Seniorinnen 6

Best time in the category: 2:28:22

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	12:17	24:33	2	0:51	9	2:24	0.50	12:17	24:33	2	0:51	9	2:24
Wechsel Schw.-R	-	2:32	-	2	0:23	8	1:14	0.50	14:49	29:37	2	1:14	8	3:20
Schwimmen Total	0.50	14:49	29:37	2	1:14	8	3:20	0.50	14:49	29:37	2	1:14	8	3:20
Rad netto	29.00	1:41:24	3:29	2	9:19	15	30:58	29.50	1:56:13	3:56	2	10:33	13	32:26
Wechsel Rad-Lauf	-	1:39	-	2	1:16	16	1:25	29.50	1:57:52	3:59	2	11:49	13	33:51
Rad Total	29.00	1:43:03	3:33					29.50	1:57:52	3:59	2	11:49	13	33:51
Lauf	7.50	55:21	7:22	2	13:02	18	41:53	37.00	2:53:13	4:40	2	24:51	18	54:27