



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Lussi Wittek

Total time: 35:24

Club: Triathlon Jena e.V.

Number: 707

Course: 7.10 km

Rank in course/Total: 5 (of 7)

Juniorhexe 1

Rank in course/Women: 3 (of 4)

Best time in course: 32:31

Category:

Rank in category: 5(of 4)

Juniorhexe 1 0,1/4,5/2,5

Best time in the category: 32:31

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	0.10	3:08	31:19	1	-	1	-	0.10	3:08	31:19	1	-	1	-
Wechsel Schw.-R	-	1:04	-	2	0:10	2	0:10	0.10	4:12	42:00	2	0:03	2	0:03
Schwimmen Total	0.10	4:12	42:00	2	0:03	2	0:03	0.10	4:12	42:00	2	0:03	2	0:03
Rad netto	4.50	16:14	3:36	2	0:17	2	0:17	4.60	20:26	4:26	2	0:07	2	0:07
Wechsel Rad-Lauf	-	0:13	-	1	-	1	-	4.60	20:39	4:29	2	0:06	2	0:06
Rad Total	4.50	16:27	3:39	2	0:16	2	0:16	4.60	20:39	4:29	2	0:06	2	0:06
Lauf	2.50	14:45	5:54	3	3:18	3	3:18	7.10	35:24	4:59	3	2:53	3	2:53