



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

Detailed evaluation

Sarah Roloff

Total time: 2:00:45

Club: Triathlon Jena

Number: 50

Course: 37.00 km

Rank in course/Total: 21 (of 56)

Hexengrund-Triathlon

Rank in course/Women: 2 (of 18)

Best time in course: 1:58:46

Category:

Rank in category: 1(of 2)

AK 30 W

Best time in the category: 2:00:45

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	10:39	21:18	1	-	2	0:46	0.50	10:39	21:18	1	-	2	0:46
Wechsel Schw.-R	-	1:18	-	1	-	1	-	0.50	11:57	23:53	1	-	2	0:28
Schwimmen Total	0.50	11:57	23:53	1	-	2	0:28	0.50	11:57	23:53	1	-	2	0:28
Rad netto	29.00	1:11:59	2:28	1	-	2	1:33	29.50	1:23:56	2:50	1	-	2	0:09
Wechsel Rad-Lauf	-	0:37	-	2	0:18	13	0:23	29.50	1:24:33	2:51	1	-	2	0:32
Rad Total	29.00	1:12:36	2:30					29.50	1:24:33	2:51	1	-	2	0:32
Lauf	7.50	36:12	4:49	1	-	4	22:44	37.00	2:00:45	3:15	1	-	2	1:59