



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

## Detailed evaluation

Saskia Zelmer

Total time: 2:45:10

Number: 36

Course: 37.00 km

Rank in course/Total: 53 (of 56)

Hexengrund-Triathlon

Rank in course/Women: 15 (of 18)

Best time in course: 1:58:46

Category:

Rank in category: 2(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	14:35	29:10	2	3:56	18	4:42	0.50	14:35	29:10	2	3:56	18	4:42
Wechsel Schw.-R	-	6:04	-	2	4:46	17	4:46	0.50	20:39	41:17	2	8:42	17	9:10
Schwimmen Total	0.50	20:39	41:17	2	8:42	17	9:10	0.50	20:39	41:17	2	8:42	17	9:10
Rad netto	29.00	1:37:48	3:22	2	25:49	14	27:22	29.50	1:58:27	4:00	2	34:31	14	34:40
Wechsel Rad-Lauf	-	0:19	-	1	-	5	0:05	29.50	1:58:46	4:01	2	34:13	14	34:45
Rad Total	29.00	1:38:07	3:23					29.50	1:58:46	4:01	2	34:13	14	34:45
Lauf	7.50	46:24	6:11	2	10:12	13	32:56	37.00	2:45:10	4:27	2	44:25	15	46:24