



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Griesel, Mirko

Total time: 1:13:11

Club: TuS Niederneisen

Number: 313

Course: 25.75 km

Rank in course/Total: 93 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 87 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 9(of 19)

männl. AK 1 (TM 20-24)

Best time in the category: 1:03:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	10:16	20:32	14	2:02	82	3:01	0.50	10:16	20:32	20	1:09	251	1:31
Schwimmen Total	0.50	10:16												
Wechsel Schw.-R	0.25	2:37	10:28	11	0:44	110	1:12	0.75	12:53	17:10	19	1:34	245	2:13
Rad	20.00	37:29	1:52	6	3:11	100	7:12	20.75	50:22	2:25	20		250	7:18
Rad Total	20.25	40:06												
Laufrunde 2,5 km	2.50	11:23	4:33	8	2:22	87	2:22	23.25	1:01:45	2:39	20		248	8:25
Lauf	2.50	11:26	4:34	8	2:29	81	2:29	25.75	1:13:11	2:50	9	10:05	87	11:03
Lauf Total	25.25	1:13:11												