



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Griesel, Silvan

Total time: 1:17:16

Club: TuS Niederneisen

Number: 314

Course: 25.75 km

Rank in course/Total: 144 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 128 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 5(of 5)

männl. Junioren (TM 18/19)

Best time in the category: 1:09:09

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Schwimmen | 0.50 | 11:15 | 22:30 | 5 | 4:00 | 126 | 4:00 | 0.50 | 11:15 | 22:30 | 6 | 1:19 | 251 | 2:30 |
| Schwimmen Total | 0.50 | 11:15 | | | | | | | | | | | | |
| Wechsel Schw.-R | 0.25 | 3:09 | 12:35 | 5 | 0:54 | 156 | 1:44 | 0.75 | 14:24 | 19:11 | 6 | 2:13 | 245 | 3:44 |
| Rad | 20.00 | 37:35 | 1:52 | 4 | 1:49 | 102 | 7:18 | 20.75 | 51:59 | 2:30 | 6 | 3:38 | 250 | 8:55 |
| Rad Total | 20.25 | 40:44 | | | | | | | | | | | | |
| Laufrunde 2,5 km | 2.50 | 12:49 | 5:07 | 5 | 2:15 | 165 | 3:48 | 23.25 | 1:04:48 | 2:47 | 6 | 5:11 | 248 | 11:28 |
| Lauf | 2.50 | 12:28 | 4:59 | 5 | 1:55 | 146 | 3:31 | 25.75 | 1:17:16 | 3:00 | 5 | 8:07 | 129 | 15:08 |
| Lauf Total | 25.25 | 1:17:16 | | | | | | | | | | | | |