



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |                 |             |                |             |               |               |               |                 |             |                |            |               |