



1. Hohegeißer Duathlon

Hohegeiß / 03.05.2008

Detailed evaluation

Lorentz, Jan Helge

Total time: 1:03:05

Club: Hätte Könte Hildesheim

Number: 38

Course: 27.50 km

Rank in course/Total: 4 (of 49)

GeißMan (Jedermannrennen) 4.5-20-3.0

Rank in course/Men: 4 (of 41)

Best time in course: 59:16

Category:

Rank in category: 3(of 10)

AK2 männlich (30 bis 39 Jahre)

Best time in the category: 1:00:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Lauf	4.50	16:42	3:42	3	1:33	6	1:59	4.50	16:42	3:42	3	1:33	25	
Rad	18.90	34:53	1:50	4	1:10	7	1:10	23.40	51:35	2:12	3	2:01	25	
Lauf	3.00	11:30	3:50	2	0:48	4	0:48	27.50	1:03:05	2:17	3	2:49	4	3:49