



2. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2009

Detailed evaluation

Lindert, Jörg

Club: MTV Förste am Harz

Number: 7

Course: 26.50 km

GeißMan (Jedermannrennen) 4.5-19-3.0

Category:

AK 2 männlich (30-39 Jahre)

Total time: 1:05:07

Rank in course/Total: 5 (of 32)

Rank in course/Men: 5 (of 27)

Best time in course: 55:30

Rank in category: 4(of 8)

Best time in the category: 55:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lauf	4.50	17:05	14.05	4	2:46	6	2:46	4.50	17:05	14.05	4	2:46	22	
Rad	19.00	35:21	32.25	5	4:22	5	4:22	23.50	52:26	26.32	4	7:08	22	
Lauf	3.00	12:41	14.19	4	2:29	6	2:29	26.50	1:05:07	23.96	4	9:37	5	9:37