



2. Hohegeißer Bergduathlon/ Staffelrennen

Hohegeiß / 09.05.2009

Detailed evaluation

Guido Laufgruppe 2

Club: Guido Laufgruppe 2

Number: 202

Course: 26.50 km

Harz- Staffel

Category:

Staffel

Total time: 1:37:04

Speed: 16.07 km/h

Running performance: 16,38 min/km

Rank in course/Total: 3 (of 3)

Rank in course/Total: 3 (of 3)

Best time in course: 1:24:45

Rank in category: 3(of 3)

Best time in the category: 1:24:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Total	Behind Total	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lauf	4.50	32:27	7:12	2	9:20	2	9:20	4.50	32:27	7:12	2	9:20	2	9:20	2	9:20	2	9:20
Rad	19.00	44:23	2:20	2	0:19	2	0:19	23.50	1:16:50	3:16	2	7:11	2	7:11	2	7:11	2	7:11
Lauf	3.00	20:14	6:44	2	5:08	2	5:08	26.50	1:37:04	3:39	3	12:19	3	12:19	3	12:19	3	12:19