



2. Hohegeißer Bergduathlon/ Staffelrennen

Hohegeiß / 09.05.2009

Detailed evaluation

Guido Laufgruppe 1

Club: Guido Laufgruppe 1

Number: 201

Course: 26.50 km

Harz- Staffel

Category:

Staffel

Total time: 1:37:03

Speed: 16.07 km/h

Running performance: 16,38 min/km

Rank in course/Total: 2 (of 3)

Rank in course/Total: 2 (of 3)

Best time in course: 1:24:45

Rank in category: 2(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				
Lauf	4.50	32:31	7:13	3	9:24	3	9:24	4.50	32:31	7:13	3	9:24	3	9:24	3	9:24	
Rad	19.00	44:04	2:19	1	-	1	-	23.50	1:16:35	3:15	3	6:56	3	6:56	3	6:56	
Lauf	3.00	20:28	6:49	3	5:22	3	5:22	26.50	1:37:03	3:39	2	12:18	2	12:18	2	12:18	