



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

Detailed evaluation

Proff, Michael

Total time: 1:09:34

Club: Braunschweig

Number: 114

Course: 26.40 km

Rank in course/Total: 5 (of 36)

GeißMan (Jedermannrennen) 4.5-19-3.0 km

Rank in course/Men: 5 (of 31)

Best time in course: 1:01:44

Category:

Rank in category: 4(of 10)

AK 1 männlich (20-29 Jahre)

Best time in the category: 1:04:07

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.50	4:40	3:06	2	0:02	4	0:02	1.50	4:40	3:06	4			25
Lap 2	1.50	5:41	3:47	4	0:28	8	0:37	3.00	10:21	3:26	4	0:20		25
Last lap Rad	1.50	6:44	4:29	4	0:55	11	0:56	4.50	17:05	3:47	4	1:09		25
Lap 1	6.30	12:51	2:02	4	0:36	8	5:42	10.80	29:56	2:46	4	1:25		25
Lap 2	6.30	12:37	2:00	4	0:44	8	5:28	17.10	42:33	2:29	4	1:50		25
Last lap Rad	6.30	13:12	2:05	4	0:56	10	6:40	23.40	55:45	2:22	4	2:35		25
Lap 1	1.50	0:24	0:16	1	-	1	-	24.90	56:09	2:15	4			25
Last lap Lauf	1.50	13:25	8:56	10	8:03	28	8:03	26.40	1:09:34	2:38	4	5:27	7	33:23