



### 3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

#### Detailed evaluation

Hesse, Frederic

Total time: 1:14:00

Club: SV Nordhausen 90 Triathlon

Number: 104

Course: 26.40 km

Rank in course/Total: 10 (of 36)

GeißMan (Jedermannrennen) 4.5-19-3.0 km

Rank in course/Men: 10 (of 31)

Best time in course: 1:01:44

Category:

Rank in category: 3(of 4)

Jugend A männlich (16/17 Jahre)

Best time in the category: 1:10:34

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.50	5:04	3:22	2	0:05	10	0:26	1.50	5:04	3:22	3	0:05	15	
Lap 2	1.50	5:41	3:47	1	-	8	0:37	3.00	10:45	3:35	1	-	20	
Last lap Rad	1.50	6:17	4:11	1	-	7	0:29	4.50	17:02	3:47	3		20	
Lap 1	6.30	13:33	2:09	3	0:33	13	6:24	10.80	30:35	2:49	3	0:03	20	
Lap 2	6.30	15:30	2:27	4	2:18	22	8:21	17.10	46:05	2:41	3	2:10	20	
Last lap Rad	6.30	14:56	2:22	3	1:09	16	8:24	23.40	1:01:01	2:36	3	3:19	20	
Lap 1	1.50	6:28	4:18	2	0:07	8	6:04	24.90	1:07:29	2:42	3	3:26	20	
Last lap Lauf	1.50	6:31	4:20	1	-	9	1:09	26.40	1:14:00	2:48	3	3:26	12	37:49