



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

Detailed evaluation

Trost, Frank

Total time: 1:15:53

Club: Nordhausen

Number: 131

Course: 26.40 km

Rank in course/Total: 13 (of 36)

GeißMan (Jedermannrennen) 4.5-19-3.0 km

Rank in course/Men: 13 (of 31)

Best time in course: 1:01:44

Category:

Rank in category: 2(of 6)

AK 3 männlich (40-49 Jahre)

Best time in the category: 1:14:09

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	5:27	3:38	4	0:17	18	0:49	1.50	5:27	3:38	2	0:17	1	-
Lap 2	1.50	6:21	4:14	4	0:42	18	1:17	3.00	11:48	3:56	2	0:59	1	-
Last lap Rad	1.50	7:13	4:48	3	0:54	17	1:25	4.50	19:01	4:13	2	1:53	1	-
Lap 1	6.30	14:48	2:20	4	1:21	18	7:39	10.80	33:49	3:07	2	2:18	17	0:42
Lap 2	6.30	14:54	2:21	4	1:28	18	7:45	17.10	48:43	2:50	2	2:53	17	1:36
Last lap Rad	6.30	11:53	1:53	1	-	3	5:21	23.40	1:00:36	2:35	2		17	
Lap 1	1.50	0:28	0:18	1	-	2	0:04	24.90	1:01:04	2:27	2		17	
Last lap Lauf	1.50	14:49	9:52	6	8:25	29	9:27	26.40	1:15:53	2:52	2	1:44	15	39:42