



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

Detailed evaluation

Groth, Paul

Total time: 2:23:19

Club: Prisdorf

Number: 156

Course: 55.00 km

Rank in course/Total: 6 (of 25)

HarzMan (10-40-5 km)

Rank in course/Men: 6 (of 22)

Best time in course: 2:06:11

Category:

Rank in category: 2(of 8)

AK 3 männlich (40-49 Jahre)

Best time in the category: 2:18:33

Intermediate times					Stage score				Total ranking					
Control	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	2.50	9:23	3:45	4	0:53	11	1:17	2.50	9:23	3:45	2	0:53	18	
Lap 2	2.50	9:51	3:56	4	0:44	9	1:38	5.00	19:14	3:50	2	1:37	18	
Lap 3	2.50	9:51	3:56	4	0:34	9	1:37	7.50	29:05	3:52	2	2:11	18	
Last lap Rad	2.50	10:48	4:19	4	0:49	10	2:00	10.00	39:53	3:59	2	3:00	18	
Lap 1	10.00	20:29	2:02	3	20:00	6	20:08	20.00	1:00:22	3:01	2	3:19	18	
Lap 2	10.00	20:50	2:04	2	1:02	5	2:29	30.00	1:21:12	2:42	2	4:21	18	
Lap 3	10.00	20:38	2:03	2	0:36	4	1:47	40.00	1:41:50	2:32	2	4:57	18	
Last lap Rad	10.00	22:01	2:12	2	0:54	5	2:39	50.00	2:03:51	2:28	2	5:51	18	
Lap 1	2.50	9:50	3:56	1	-	4	1:24	52.50	2:13:41	2:32	2	5:22	18	
Last lap Lauf	2.50	9:38	3:51	1	-	4	0:44	55.00	2:23:19	2:36	2	4:46	6	17:08