



# 3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

## Detailed evaluation

Lindert, Jörg

Club: MTV Fröste am Harz  
Number: 169

Course: 55.00 km  
HarzMan (10-40-5 km)

Category:  
AK 2 männlich (30-39 Jahre)

Total time: 2:28:13

Rank in course/Total: 8 (of 25)

Rank in course/Men: 7 (of 22)

Best time in course: 2:06:11

Rank in category: 3(of 5)

Best time in the category: 2:06:11

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	9:31	3:48	4	1:25	12	1:25	2.50	9:31	3:48	3	1:25	17	
Lap 2	2.50	9:52	3:56	3	1:39	10	1:39	5.00	19:23	3:52	3	3:04	17	
Lap 3	2.50	10:03	4:01	3	1:49	10	1:49	7.50	29:26	3:55	3	4:53	17	
Last lap Rad	2.50	10:46	4:18	3	1:58	9	1:58	10.00	40:12	4:01	3	6:51	17	
Lap 1	10.00	21:01	2:06	3	2:26	8	20:40	20.00	1:01:13	3:03	3	9:17	17	
Lap 2	10.00	21:01	2:06	3	2:40	7	2:40	30.00	1:22:14	2:44	3	11:57	17	
Lap 3	10.00	21:25	2:08	3	2:34	7	2:34	40.00	1:43:39	2:35	3	14:31	17	
Last lap Rad	10.00	22:58	2:17	3	3:36	7	3:36	50.00	2:06:37	2:31	3	18:07	17	
Lap 1	2.50	10:27	4:10	3	2:01	8	2:01	52.50	2:17:04	2:36	3	20:08	17	
Last lap Lauf	2.50	11:09	4:27	4	2:03	10	2:15	55.00	2:28:13	2:41	3	22:02	7	22:02