



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

Detailed evaluation

Trükaus, Nils

Club: TUS Celle 92

Number: 172

Course: 55.00 km

HarzMan (10-40-5 km)

Category:

AK 1 männlich (20-29 Jahre)

Total time: 2:34:26

Rank in course/Total: 11 (of 25)

Rank in course/Men: 10 (of 22)

Best time in course: 2:06:11

Rank in category: 4(of 6)

Best time in the category: 2:17:45

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	8:42	3:28	3	0:32	6	0:36	2.50	8:42	3:28	4	0:32	14	
Lap 2	2.50	9:20	3:44	3	1:03	6	1:07	5.00	18:02	3:36	4	1:35	14	
Lap 3	2.50	9:30	3:47	3	1:03	6	1:16	7.50	27:32	3:40	4	2:38	14	
Last lap Rad	2.50	10:17	4:06	3	1:02	6	1:29	10.00	37:49	3:46	4	3:37	14	
Lap 1	10.00	0:24	0:02	2	0:03	2	0:03	20.00	38:13	1:54	4		14	
Lap 2	10.00	44:50	4:29	6	24:02	22	26:29	30.00	1:23:03	2:46	4	6:32	14	
Lap 3	10.00	23:14	2:19	5	2:22	13	4:23	40.00	1:46:17	2:39	4	8:35	14	
Last lap Rad	10.00	24:19	2:25	4	2:23	11	4:57	50.00	2:10:36	2:36	4	10:58	14	
Lap 1	2.50	10:29	4:11	5	1:16	10	2:03	52.50	2:21:05	2:41	4	12:14	14	
Last lap Lauf	2.50	13:21	5:20	6	4:27	18	4:27	55.00	2:34:26	2:48	4	16:41	10	28:15