



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

Detailed evaluation

Rabet, Ramin

Club: Braunschweig

Number: 163

Course: 55.00 km

HarzMan (10-40-5 km)

Category:

AK 3 männlich (40-49 Jahre)

Total time: 2:36:21

Rank in course/Total: 15 (of 25)

Rank in course/Men: 14 (of 22)

Best time in course: 2:06:11

Rank in category: 5(of 8)

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	9:20	3:44	3	0:50	10	1:14	2.50	9:20	3:44	5	0:50	10	
Lap 2	2.50	9:37	3:50	2	0:30	7	1:24	5.00	18:57	3:47	5	1:20	10	
Lap 3	2.50	9:49	3:55	2	0:32	7	1:35	7.50	28:46	3:50	5	1:52	10	
Last lap Rad	2.50	10:31	4:12	2	0:32	7	1:43	10.00	39:17	3:55	5	2:24	10	
Lap 1	10.00	23:00	2:17	6	22:31	15	22:39	20.00	1:02:17	3:06	5	5:14	10	
Lap 2	10.00	23:28	2:20	6	3:40	15	5:07	30.00	1:25:45	2:51	5	8:54	10	
Lap 3	10.00	23:09	2:18	5	3:07	11	4:18	40.00	1:48:54	2:43	5	12:01	10	
Last lap Rad	10.00	25:35	2:33	7	4:28	16	6:13	50.00	2:14:29	2:41	5	16:29	10	0:44
Lap 1	2.50	11:07	4:26	4	1:17	14	2:41	52.50	2:25:36	2:46	5	17:17	10	1:23
Last lap Lauf	2.50	10:45	4:17	3	1:07	7	1:51	55.00	2:36:21	2:50	5	17:48	14	30:10