



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

Detailed evaluation

Recke, Hanno

Total time: 1:10:15

Club: Lehrter SV Triathlon

Number: 14

Course: 26.40 km

Rank in course/Total: 4 (of 24)

GeißMan (Jedermannrennen) 4,5-19,0-3,0

Rank in course/Men: 4 (of 19)

Best time in course: 1:06:12

Category:

Rank in category: 2(of 3)

AK 2 männlich (30-39 Jahre)

Best time in the category: 1:09:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Lap 1	1.50	5:15	3:30	1	-	4	0:26	1.50	5:15	3:30	2		18	
Lap 2	1.50	5:34	3:42	1	-	4	2:41	3.00	10:49	3:36	2		18	
Last lap Rad	1.50	6:36	4:23	1	-	2	0:01	4.50	17:25	3:52	2		18	
Lap 1	6.30	0:23	0:03	2	0:03	7	0:04	10.80	17:48	1:38	2		18	
Lap 2	6.30	12:37	2:00	2	0:39	6	1:22	17.10	30:25	1:46	2		18	
Lap 3	0.50	12:42	25:23	2	0:51	5	1:17	17.60	43:07	2:26	2		18	
Last lap Rad	6.30	13:01	2:03	2	0:49	4	0:54	23.90	56:08	2:20	2	0:13	18	
Lap 1	0.50	0:26	0:52	1	-	4	0:04	24.40	56:34	2:19	2	0:12	18	
Lap 2	1.50	6:57	4:38	2	0:30	6	1:50	25.90	1:03:31	2:27	2	0:42	18	
Last lap Lauf	1.50	6:44	4:29	2	0:10	6	4:05	26.40	1:10:15	2:39	2	0:52	4	4:03