



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

Detailed evaluation

Proff, Michael

Club: Braunschweig

Number: 13

Course: 26.40 km

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

Category:

AK 1 männlich (20-29 Jahre)

Total time: 1:06:28

Rank in course/Total: 2 (of 24)

Rank in course/Men: 2 (of 19)

Best time in course: 1:06:12

Rank in category: 2(of 5)

Best time in the category: 1:06:12

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	1.50	5:03	3:22	1	-	2	0:14	1.50	5:03	3:22	2		15	
Lap 2	1.50	5:33	3:41	2	2:40	2	2:40	3.00	10:36	3:31	2		15	
Last lap Rad	1.50	6:58	4:38	2	0:23	5	0:23	4.50	17:34	3:54	3		15	
Lap 1	6.30	0:31	0:04	4	0:09	16	0:12	10.80	18:05	1:40	3		15	
Lap 2	6.30	11:15	1:47	1	-	1	-	17.10	29:20	1:42	3		15	
Lap 3	0.50	11:27	22:53	2	0:02	2	0:02	17.60	40:47	2:19	3		15	
Last lap Rad	6.30	12:15	1:56	2	0:08	3	0:08	23.90	53:02	2:13	2	0:06	15	
Lap 1	0.50	0:23	0:46	1	-	2	0:01	24.40	53:25	2:11	2	0:02	15	
Lap 2	1.50	6:50	4:33	2	1:43	4	1:43	25.90	1:00:15	2:19	1	-	15	
Last lap Lauf	1.50	6:13	4:08	3	3:34	4	3:34	26.40	1:06:28	2:31	2	0:16	2	0:16