



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

## Detailed evaluation

**Proff, Michael**

**Total time: 1:06:28**

Club: Braunschweig

Number: 13

Course: 26.40 km

Rank in course/Total: 2 (of 24)

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

Rank in course/Men: 2 (of 19)

Best time in course: 1:06:12

Category:

Rank in category: 2(of 5)

AK 1 männlich (20-29 Jahre)

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       |