



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

Detailed evaluation

Konschak, Ulrich

Club: SV Nordhausen 90

Number: 106

Course: 55.00 km

HarzMan 10,0-40,0-5,0

Category:

AK 3 männlich (40-49 Jahre)

Total time: 2:12:24

Rank in course/Total: 4 (of 27)

Rank in course/Men: 4 (of 25)

Best time in course: 2:04:19

Rank in category: 3(of 12)

Best time in the category: 2:04:19

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	7:36	3:02	1	-	1	-	2.50	7:36	3:02	3		22	
Lap 2	2.50	8:07	3:14	2	0:01	3	0:15	5.00	15:43	3:08	3		22	
Lap 3	2.50	8:20	3:20	2	0:08	3	0:09	7.50	24:03	3:12	3	0:06	22	
Last lap Rad	2.50	9:23	3:45	2	0:34	3	0:34	10.00	33:26	3:20	3	0:40	22	
Lap 1	10.00	0:20	0:02	1	-	1	-	20.00	33:46	1:41	3	0:35	22	
Lap 2	10.00	19:33	1:57	3	1:16	4	1:16	30.00	53:19	1:46	3	1:51	22	
Lap 3	10.00	19:41	1:58	3	1:45	4	1:45	40.00	1:13:00	1:49	3	3:36	22	
Lap 4	0.50	19:56	39:52	3	1:56	6	1:56	40.50	1:32:56	2:17	3	5:32	22	
Last lap Rad	10.00	21:07	2:06	3	2:33	6	2:33	50.50	1:54:03	2:15	3	8:05	22	
Lap 1	0.50	0:24	0:48	2	0:01	2	0:01	51.00	1:54:27	2:14	3	8:05	22	
Lap 2	2.50	8:59	3:35	1	-	2	0:24	53.50	2:03:26	2:18	3	8:03	22	
Last lap Lauf	2.50	8:58	3:35	2	0:02	3	0:13	55.00	2:12:24	2:24	3	8:05	4	8:05