



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

Detailed evaluation

Lönneker, Stefan

Total time: 2:51:09

Club: Hamburg

Number: 109

Course: 55.00 km

Rank in course/Total: 21 (of 27)

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

Rank in course/Men: 20 (of 25)

Best time in course: 2:04:19

Category:

Rank in category: 9(of 12)

AK 3 männlich (40-49 Jahre)

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	10:30	4:12	8	2:54	19	2:54	2.50	10:30	4:12	9	2:51	6	0:28
Lap 2	2.50	11:10	4:28	8	3:04	19	3:18	5.00	21:40	4:20	9	5:55	6	1:15
Lap 3	2.50	11:20	4:31	8	3:08	19	3:09	7.50	33:00	4:24	9	9:03	6	1:58
Last lap Rad	2.50	12:17	4:54	8	3:28	19	3:28	10.00	45:17	4:31	9	12:31	6	2:40
Lap 1	10.00	0:39	0:03	12	0:19	25	0:19	20.00	45:56	2:17	9	12:45	6	2:54
Lap 2	10.00	23:33	2:21	8	5:16	19	5:16	30.00	1:09:29	2:18	9	18:01	6	5:50
Lap 3	10.00	25:00	2:30	9	7:04	20	7:04	40.00	1:34:29	2:21	9	25:05	6	10:28
Lap 4	0.50	24:35	49:09	9	6:35	19	6:35	40.50	1:59:04	2:56	9	31:40	6	12:55
Last lap Rad	10.00	26:57	2:41	9	8:23	20	8:23	50.50	2:26:01	2:53	9	40:03	6	17:54
Lap 1	0.50	0:32	1:03	8	0:09	19	0:09	51.00	2:26:33	2:52	9	40:11	6	16:12
Lap 2	2.50	12:16	4:54	8	3:17	16	3:41	53.50	2:38:49	2:58	9	43:26	6	17:27
Last lap Lauf	2.50	12:20	4:56	9	3:24	17	3:35	55.00	2:51:09	3:06	9	46:50	20	46:50