



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Zwirnmann, Hans

Club: SV Nordhausen 90
Number: 290

Course: 26.40 km
GeißMan (Jedermannrennen) 4,5-19,0-3,0

Category:
Junioren (18/19 Jahre)

Total time: 1:06:50

Speed: 23.34 km/h
Running performance: 2:32 min/km

Rank in course/Total: 6 (of 29)

Rank in course/Men: 6 (of 19)

Best time in course: 58:21

Rank in category: 3(of 4)

Best time in the category: 58:21

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	5:08	3:25	3	0:32	3	0:32	1.50	5:08	3:25	3	0:32	15	
Lap 2	1.50	5:55	3:56	4	1:14	10	1:14	3.00	11:03	3:41	3	1:46	13	
Last lap Rad	1.50	6:35	4:23	4	1:18	7	1:18	4.50	17:38	3:55	3	3:04	15	0:25
Lap 1	0.20	0:28	2:19	4	0:08	17	0:12	4.70	18:06	3:51	3	3:12	15	0:29
Lap 2	6.30	11:34	1:50	3	0:57	8	11:06	11.00	29:40	2:41	3	4:09	14	
Lap 3	6.30	11:50	1:52	3	1:11	5	11:22	17.30	41:30	2:23	3	5:20	14	
Last lap Rad	6.30	12:52	2:02	3	1:35	8	12:24	23.60	54:22	2:18	3	6:55	14	
Lap 1	0.20	0:22	1:49	1	-	2	0:02	23.80	54:44	2:17	3	6:52	14	
Lap 2	1.50	6:05	4:03	3	0:57	6	5:37	25.30	1:00:49	2:24	3	7:36	14	
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	6:01	5:28	3	0:55	5	0:55	26.40	1:06:50	2:31	3	8:29	7	48:42