



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Bank, Christian

Club: Harz Racing e.V.
Number: 281

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

Category:
AK 1 männlich (20-29 Jahre)

Total time: 1:08:29

Speed: 22.78 km/h
Running performance: 2:35 min/km

Rank in course/Total: 7 (of 29)

Rank in course/Men: 7 (of 19)

Best time in course: 58:21

Rank in category: 2(of 5)

Best time in the category: 1:06:14

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	5:24	3:36	3	0:15	10	0:48	1.50	5:24	3:36	2	0:07	14	0:03	
Lap 2	1.50	6:00	4:00	3	0:07	11	1:19	3.00	11:24	3:48	2	0:14	14	0:16	
Last lap Rad	1.50	6:48	4:31	2	0:10	10	1:31	4.50	18:12	4:02	2	0:24	14	0:59	
Lap 1	0.20	0:17	1:24	1	-	2	0:01	4.70	18:29	3:55	2	0:20	14	0:52	
Lap 2	6.30	10:47	1:42	1	-	3	10:19	11.00	29:16	2:39	2		13		
Lap 3	6.30	13:51	2:11	3	1:58	9	13:23	17.30	43:07	2:29	2	1:36	13		
Last lap Rad	6.30	12:07	1:55	1	-	4	11:39	23.60	55:14	2:20	2	1:17	13		
Lap 1	0.20	0:25	2:05	2	0:03	6	0:05	23.80	55:39	2:20	2	1:20	13		
Lap 2	1.50	6:27	4:17	2	0:30	8	5:59	25.30	1:02:06	2:27	2	1:50	13		
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-	
Lauf	1.10	6:23	5:48	2	0:25	8	1:17	26.40	1:08:29	2:35	2	2:15	8	50:21	