



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Proff, Michael

Club: Braunschweig  
Number: 268

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

Category:  
AK 1 männlich (20-29 Jahre)

Total time: 1:09:22

Speed: 22.49 km/h  
Running performance: 2:38 min/km

Rank in course/Total: 8 (of 29)

Rank in course/Men: 8 (of 19)

Best time in course: 58:21

Rank in category: 3(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     | 5:09       | 3:26         | 1           | -           | 4       | 0:33       | 1.50          | 5:09       | 3:26         | 3        |             | 13      |            |
| Lap 2              | 1.50     | 5:54       | 3:56         | 2           | 0:01        | 9       | 1:13       | 3.00          | 11:03      | 3:41         | 3        |             | 13      |            |
| Last lap Rad       | 1.50     | 7:30       | 5:00         | 3           | 0:52        | 12      | 2:13       | 4.50          | 18:33      | 4:07         | 3        | 0:45        | 13      | 1:20       |
| Lap 1              | 0.20     | 0:22       | 1:49         | 4           | 0:05        | 7       | 0:06       | 4.70          | 18:55      | 4:01         | 3        | 0:46        | 13      | 1:18       |
| Lap 2              | 6.30     | 11:19      | 1:47         | 2           | 0:32        | 6       | 10:51      | 11.00         | 30:14      | 2:44         | 3        | 0:36        | 12      |            |
| Lap 3              | 6.30     | 12:13      | 1:56         | 2           | 0:20        | 8       | 11:45      | 17.30         | 42:27      | 2:27         | 3        | 0:56        | 12      |            |
| Last lap Rad       | 6.30     | 13:11      | 2:05         | 3           | 1:04        | 9       | 12:43      | 23.60         | 55:38      | 2:21         | 3        | 1:41        | 12      |            |
| Lap 1              | 0.20     | 0:27       | 2:15         | 5           | 0:05        | 12      | 0:07       | 23.80         | 56:05      | 2:21         | 3        | 1:46        | 12      |            |
| Lap 2              | 1.50     | 6:53       | 4:35         | 3           | 0:56        | 12      | 6:25       | 25.30         | 1:02:58    | 2:29         | 3        | 2:42        | 12      |            |
| Last lap Penalty   | -        | fehlt!     | -            | -           | -           | -       | -          | 25.30         | -          | -            | -        | -           | -       | -          |
| Lauf               | 1.10     | 6:24       | 5:49         | 3           | 0:26        | 9       | 1:18       | 26.40         | 1:09:22    | 2:37         | 3        | 3:08        | 9       | 51:14      |