



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

SV Nordhausen 90

Club: SV Nordhausen 90
Number: 222

Course: 26.40 km
Harz- Staffel 4,5-19,0-3,0

Category:
Männer-Staffel

Total time: 1:09:22

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

Rank in course/Total: 1 (of 2)

Rank in course/Men: 1 (of 1)

Best time in course: 1:09:22

Rank in category: 1(of 1)

Best time in the category: 1:09:22

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	5:05	3:23	1	-	1	-	1.50	5:05	3:23	1	-	1	-
Lap 2	1.50	5:48	3:52	1	-	1	-	3.00	10:53	3:37	1	-	1	-
Last lap Rad	1.50	6:15	4:10	1	-	1	-	4.50	17:08	3:48	1	-	1	-
Lap 1	0.20	0:23	1:55	1	-	1	-	4.70	17:31	3:43	1	-	1	-
Lap 2	6.30	12:13	1:56	1	-	1	-	11.00	29:44	2:42	1	-	1	-
Lap 3	6.30	13:31	2:08	1	-	1	-	17.30	43:15	2:30	1	-	1	-
Last lap Rad	6.30	14:01	2:13	1	-	1	-	23.60	57:16	2:25	1	-	1	-
Lap 1	0.20	0:22	1:49	1	-	1	-	23.80	57:38	2:25	1	-	1	-
Lap 2	1.50	5:31	3:40	1	-	1	-	25.30	1:03:09	2:29	1	-	1	-
Last lap Lauf	1.10	6:13	5:39	1	-	1	-	26.40	1:09:22	2:37	1	-	1	-