



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Hesse, Frederic

Club: Sv 90 Norhausen  
Number: 280

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

Category:  
Junioren (18/19 Jahre)

Total time: 1:15:14

Speed: 21.05 km/h  
Running performance: 2:51 min/km

Rank in course/Total: 9 (of 29)

Rank in course/Men: 9 (of 19)

Best time in course: 58:21

Rank in category: 4(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	5:21	3:33	4	0:45	7	0:45	1.50	5:21	3:33	4	0:45	1	-
Lap 2	1.50	5:47	3:51	3	1:06	6	1:06	3.00	11:08	3:42	4	1:51	1	-
Last lap Rad	1.50	6:05	4:03	3	0:48	3	0:48	4.50	17:13	3:49	4	2:39	1	-
Lap 1	0.20	0:24	2:00	3	0:04	11	0:08	4.70	17:37	3:44	4	2:43	1	-
Lap 2	6.30	13:42	2:10	4	3:05	11	13:14	11.00	31:19	2:50	4	5:48	11	
Lap 3	6.30	14:38	2:19	4	3:59	11	14:10	17.30	45:57	2:39	4	9:47	11	
Last lap Rad	6.30	15:01	2:23	4	3:44	11	14:33	23.60	1:00:58	2:34	4	13:31	11	
Lap 1	0.20	0:28	2:19	4	0:06	13	0:08	23.80	1:01:26	2:34	4	13:34	11	
Lap 2	1.50	6:27	4:17	4	1:19	8	5:59	25.30	1:07:53	2:40	4	14:40	11	
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	7:21	6:40	4	2:15	14	2:15	26.40	1:15:14	2:50	4	16:53	10	57:06