



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Höft, Heiko

Club: Fit für 40 Duingen
Number: 265

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

Category:
AK 3 männlich (40-49 Jahre)

Total time: 1:15:58

Speed: 20.85 km/h
Running performance: 2:53 min/km

Rank in course/Total: 10 (of 29)

Rank in course/Men: 10 (of 19)

Best time in course: 58:21

Rank in category: 2(of 6)

Best time in the category: 1:05:37

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	5:29	3:39	3	0:18	11	0:53	1.50	5:29	3:39	2	0:18	10	0:08	
Lap 2	1.50	5:45	3:50	2	0:19	4	1:04	3.00	11:14	3:44	2	0:37	10	0:06	
Last lap Rad	1.50	6:29	4:19	2	0:17	5	1:12	4.50	17:43	3:56	2	0:54	10	0:30	
Lap 1	0.20	0:26	2:09	5	0:05	13	0:10	4.70	18:09	3:51	2	0:56	10	0:32	
Lap 2	6.30	14:38	2:19	3	2:27	14	14:10	11.00	32:47	2:58	2	3:23	1	-	
Lap 3	6.30	14:55	2:22	3	2:47	13	14:27	17.30	47:42	2:45	2	6:10	1	-	
Last lap Rad	6.30	15:30	2:27	3	2:49	12	15:02	23.60	1:03:12	2:40	2	8:59	1	-	
Lap 1	0.20	0:26	2:09	3	0:06	11	0:06	23.80	1:03:38	2:40	2	9:05	1	-	
Lap 2	1.50	6:08	4:05	2	0:38	7	5:40	25.30	1:09:46	2:45	2	9:43	1	-	
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-	
Lauf	1.10	6:12	5:38	2	0:38	7	1:06	26.40	1:15:58	2:52	2	10:21	11	57:50	