



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Feige, Jens

Club: Nordhausen
Number: 291

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

Category:
AK 3 männlich (40-49 Jahre)

Total time: 1:17:08

Speed: 20.22 km/h
Running performance: 2:55 min/km

Rank in course/Total: 11 (of 29)

Rank in course/Men: 11 (of 19)

Best time in course: 58:21

Rank in category: 3(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	6:07	4:04	4	0:56	14	1:31	1.50	6:07	4:04	3	0:56	9	0:46	
Lap 2	1.50	6:22	4:14	4	0:56	13	1:41	3.00	12:29	4:09	3	1:52	9	1:21	
Last lap Rad	1.50	7:55	5:16	4	1:43	13	2:38	4.50	20:24	4:31	3	3:35	9	3:11	
Lap 1	0.20	0:21	1:44	1	-	5	0:05	4.70	20:45	4:24	3	3:32	9	3:08	
Lap 2	6.30	13:42	2:10	2	1:31	11	13:14	11.00	34:27	3:07	3	5:03	9	1:40	
Lap 3	6.30	14:07	2:14	2	1:59	10	13:39	17.30	48:34	2:48	3	7:02	9	0:52	
Last lap Rad	6.30	14:53	2:21	2	2:12	10	14:25	23.60	1:03:27	2:41	3	9:14	9	0:15	
Lap 1	0.20	0:24	2:00	2	0:04	4	0:04	23.80	1:03:51	2:40	3	9:18	9	0:13	
Lap 2	1.50	6:40	4:26	3	1:10	11	6:12	25.30	1:10:31	2:47	3	10:28	9	0:45	
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-	
Lauf	1.10	6:37	6:00	4	1:03	11	1:31	26.40	1:17:08	2:55	3	11:31	12	59:00	