



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Grunau, Frank

Club: fit-für-40 Duingen
Number: 260

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

Category:
AK 3 männlich (40-49 Jahre)

Total time: 1:18:08

Speed: 19.97 km/h
Running performance: 2:58 min/km

Rank in course/Total: 13 (of 29)

Rank in course/Men: 12 (of 19)

Best time in course: 58:21

Rank in category: 4(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	5:22	3:34	2	0:11	9	0:46	1.50	5:22	3:34	4	0:11	8	0:01
Lap 2	1.50	5:46	3:50	3	0:20	5	1:05	3.00	11:08	3:42	4	0:31	1	-
Last lap Rad	1.50	6:36	4:23	3	0:24	8	1:19	4.50	17:44	3:56	4	0:55	8	0:31
Lap 1	0.20	0:23	1:55	2	0:02	8	0:07	4.70	18:07	3:51	4	0:54	8	0:30
Lap 2	6.30	14:43	2:20	5	2:32	16	14:15	11.00	32:50	2:59	4	3:26	8	0:03
Lap 3	6.30	15:10	2:24	6	3:02	17	14:42	17.30	48:00	2:46	4	6:28	8	0:18
Last lap Rad	6.30	15:57	2:31	4	3:16	14	15:29	23.60	1:03:57	2:42	4	9:44	8	0:45
Lap 1	0.20	0:32	2:39	5	0:12	16	0:12	23.80	1:04:29	2:42	4	9:56	8	0:51
Lap 2	1.50	7:06	4:44	4	1:36	13	6:38	25.30	1:11:35	2:49	4	11:32	8	1:49
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	6:33	5:57	3	0:59	10	1:27	26.40	1:18:08	2:57	4	12:31	13	1:00:00