



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Till, Friederike

Club: TSV Schwarme
Number: 288

Course: 23.40 km
GeißMan (Jugend A) 3,0-19,0-2,0

Category:
Jugend A weiblich (16/ 17 Jahre)

Total time: 1:18:41

Speed: 17.54 km/h
Running performance: 3:22 min/km

Rank in course/Total: 7 (of 8)
Rank in course/Women: 3 (of 3)
Best time in course: 1:04:05

Rank in category: 3(of 3)
Best time in the category: 1:04:05

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.50	7:20	4:53	3	1:33	3	1:33	1.50	7:20	4:53	3	1:33	3	1:33
Last lap Rad	1.50	9:10	6:06	3	2:25	3	2:25	3.00	16:30	5:30	3	3:58	3	3:58
Lap 1	0.20	0:23	1:55	2	0:01	2	0:01	3.20	16:53	5:16	3	3:59	3	3:59
Lap 2	6.30	16:29	2:36	3	1:48	3	1:48	9.50	33:22	3:30	3	5:47	3	5:47
Lap 3	6.30	17:12	2:43	3	2:42	3	2:42	15.80	50:34	3:12	3	8:29	3	8:29
Last lap Rad	6.30	18:51	2:59	3	4:07	3	4:07	22.10	1:09:25	3:08	3	12:36	3	12:36
Lap 1	0.20	0:36	2:59	3	0:11	3	0:11	22.30	1:10:01	3:08	3	12:47	3	12:47
Last lap Penalty	-	fehlt!	-	-	-	-	-	22.30	-	-	-	-	-	-
Lauf	1.10	8:40	7:52	3	1:49	3	1:49	23.40	1:18:41	3:21	3	14:36	3	14:36