



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

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Club: Skiklub Hohegeiß  
Number: 279

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

Category:  
AK 1 männlich (20-29 Jahre)

Total time: 1:22:42

Speed: 18.86 km/h  
Running performance: 3:08 min/km

Rank in course/Total: 14 (of 29)

Rank in course/Men: 13 (of 19)

Best time in course: 58:21

Rank in category: 4(of 5)

Best time in the category: 1:06:14

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	5:30	3:39	4	0:21	12	0:54	1.50	5:30	3:39	4	0:13	7	0:09
Lap 2	1.50	6:35	4:23	4	0:42	14	1:54	3.00	12:05	4:01	4	0:55	7	0:57
Last lap Rad	1.50	7:56	5:17	4	1:18	14	2:39	4.50	20:01	4:26	4	2:13	7	2:48
Lap 1	0.20	0:26	2:09	5	0:09	13	0:10	4.70	20:27	4:21	4	2:18	7	2:50
Lap 2	6.30	13:37	2:09	4	2:50	10	13:09	11.00	34:04	3:05	4	4:26	7	1:17
Lap 3	6.30	17:05	2:42	5	5:12	19	16:37	17.30	51:09	2:57	4	9:38	7	3:27
Last lap Rad	6.30	16:10	2:33	4	4:03	17	15:42	23.60	1:07:19	2:51	4	13:22	7	4:07
Lap 1	0.20	0:25	2:05	2	0:03	6	0:05	23.80	1:07:44	2:50	4	13:25	7	4:06
Lap 2	1.50	7:27	4:58	5	1:30	16	6:59	25.30	1:15:11	2:58	4	14:55	7	5:25
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	7:31	6:49	5	1:33	15	2:25	26.40	1:22:42	3:07	4	16:28	14	1:04:34