



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Polten, Andreas

Club: SV Hoeckelheim  
Number: 267

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

Category:  
AK 3 männlich (40-49 Jahre)

Total time: 1:23:50

Speed: 18.61 km/h  
Running performance: 3:11 min/km

Rank in course/Total: 18 (of 29)

Rank in course/Men: 15 (of 19)

Best time in course: 58:21

Rank in category: 5(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	6:30	4:19	5	1:19	15	1:54	1.50	6:30	4:19	5	1:19	6	1:09
Lap 2	1.50	7:02	4:41	5	1:36	16	2:21	3.00	13:32	4:30	5	2:55	5	2:24
Last lap Rad	1.50	8:09	5:26	5	1:57	15	2:52	4.50	21:41	4:49	5	4:52	6	4:28
Lap 1	0.20	0:26	2:09	5	0:05	13	0:10	4.70	22:07	4:42	5	4:54	6	4:30
Lap 2	6.30	14:47	2:20	6	2:36	18	14:19	11.00	36:54	3:21	5	7:30	6	4:07
Lap 3	6.30	15:09	2:24	5	3:01	16	14:41	17.30	52:03	3:00	5	10:31	6	4:21
Last lap Rad	6.30	15:59	2:32	5	3:18	15	15:31	23.60	1:08:02	2:52	5	13:49	6	4:50
Lap 1	0.20	0:29	2:24	4	0:09	15	0:09	23.80	1:08:31	2:52	5	13:58	6	4:53
Lap 2	1.50	7:23	4:55	5	1:53	15	6:55	25.30	1:15:54	3:00	5	15:51	6	6:08
Last lap Penalty	-	1:00	-	1	-	1	-	25.30	1:16:54	-	2	1:16:54	2	1:16:54
Lauf	1.10	6:56	6:18	5	1:22	13	1:50	26.40	1:23:50	3:10	5	18:13	16	1:05:42