



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Buchardt, Josefine

Club: SV Nordhausen 90
Number: 287

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

Category:
AK 1 weiblich (20-29 Jahre)

Total time: 1:23:10

Speed: 18.76 km/h
Running performance: 3:09 min/km

Rank in course/Total: 16 (of 29)
Rank in course/Women: 2 (of 10)
Best time in course: 1:17:18

Rank in category: 2(of 2)
Best time in the category: 1:17:18

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	6:33	4:21	2	0:47	3	0:47	1.50	6:33	4:21	2	0:47	2	0:47
Lap 2	1.50	7:10	4:46	2	0:54	4	0:54	3.00	13:43	4:34	2	1:41	2	1:41
Last lap Rad	1.50	8:11	5:27	2	0:47	3	0:47	4.50	21:54	4:51	2	2:28	2	2:28
Lap 1	0.20	0:24	2:00	1	-	2	0:01	4.70	22:18	4:44	2	2:27	2	2:27
Lap 2	6.30	14:26	2:17	2	0:02	2	0:02	11.00	36:44	3:20	2	2:29	2	2:29
Lap 3	6.30	14:37	2:19	2	0:26	2	0:26	17.30	51:21	2:58	2	2:55	2	2:55
Last lap Rad	6.30	15:59	2:32	2	1:22	2	1:22	23.60	1:07:20	2:51	2	4:17	2	4:17
Lap 1	0.20	0:29	2:24	2	0:01	2	0:01	23.80	1:07:49	2:50	2	4:18	2	4:18
Lap 2	1.50	7:41	5:07	2	1:14	4	1:14	25.30	1:15:30	2:59	2	5:32	2	5:32
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	7:40	6:58	2	1:20	4	1:20	26.40	1:23:10	3:09	2	5:52	3	1:23:10