



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Lindert, Kathrin

Club: MTV Förste e.V.
Number: 285

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

Category:
AK 3 weiblich (40-49 Jahre)

Total time: 1:23:33

Speed: 18.67 km/h
Running performance: 3:10 min/km

Rank in course/Total: 17 (of 29)
Rank in course/Women: 3 (of 10)
Best time in course: 1:17:18

Rank in category: 1(of 7)
Best time in the category: 1:23:33

Control	Intermediate times							Stage score				Total ranking			
	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	6:30	4:19	1	-	2	0:44	1.50	6:30	4:19	1	-	3	0:44	
Lap 2	1.50	7:05	4:43	2	0:03	3	0:49	3.00	13:35	4:31	1	-	3	1:33	
Last lap Rad	1.50	8:04	5:22	1	-	2	0:40	4.50	21:39	4:48	1	-	3	2:13	
Lap 1	0.20	0:23	1:55	1	-	1	-	4.70	22:02	4:41	1	-	3	2:11	
Lap 2	6.30	14:55	2:22	1	-	3	0:31	11.00	36:57	3:21	1	-	3	2:42	
Lap 3	6.30	15:03	2:23	1	-	3	0:52	17.30	52:00	3:00	1	-	3	3:34	
Last lap Rad	6.30	16:19	2:35	1	-	3	1:42	23.60	1:08:19	2:53	1	-	3	5:16	
Lap 1	0.20	0:29	2:24	1	-	2	0:01	23.80	1:08:48	2:53	1	-	3	5:17	
Lap 2	1.50	7:30	5:00	2	0:15	3	1:03	25.30	1:16:18	3:00	1	-	3	6:20	
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-	
Lauf	1.10	7:15	6:35	2	0:06	3	0:55	26.40	1:23:33	3:09	2	1:23:33	4	1:23:33	