



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

**Bönker, Detlef**

Club: TSV Egestorf  
Number: 255

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

Category:  
AK 3 männlich (40-49 Jahre)

Total time: 1:25:07

Speed: 18.61 km/h  
Running performance: 3:13 min/km

Rank in course/Total: 19 (of 29)

Rank in course/Men: 16 (of 19)

Best time in course: 58:21

Rank in category: 6(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     | 6:53       | 4:35         | 6        | 1:42        | 17      | 2:17       | 1.50     | 6:53          | 4:35         | 6        | 1:42        | 4       | 1:32       |
| Lap 2              | 1.50     | 7:19       | 4:52         | 6        | 1:53        | 17      | 2:38       | 3.00     | 14:12         | 4:44         | 6        | 3:35        | 4       | 3:04       |
| Last lap Rad       | 1.50     | 8:27       | 5:37         | 6        | 2:15        | 17      | 3:10       | 4.50     | 22:39         | 5:01         | 6        | 5:50        | 4       | 5:26       |
| Lap 1              | 0.20     | 0:23       | 1:55         | 2        | 0:02        | 8       | 0:07       | 4.70     | 23:02         | 4:54         | 6        | 5:49        | 4       | 5:25       |
| Lap 2              | 6.30     | 14:40      | 2:19         | 4        | 2:29        | 15      | 14:12      | 11.00    | 37:42         | 3:25         | 6        | 8:18        | 4       | 4:55       |
| Lap 3              | 6.30     | 15:08      | 2:24         | 4        | 3:00        | 15      | 14:40      | 17.30    | 52:50         | 3:03         | 6        | 11:18       | 4       | 5:08       |
| Last lap Rad       | 6.30     | 16:00      | 2:32         | 6        | 3:19        | 16      | 15:32      | 23.60    | 1:08:50       | 2:54         | 6        | 14:37       | 4       | 5:38       |
| Lap 1              | 0.20     | 0:36       | 2:59         | 6        | 0:16        | 18      | 0:16       | 23.80    | 1:09:26       | 2:55         | 6        | 14:53       | 4       | 5:48       |
| Lap 2              | 1.50     | 7:51       | 5:14         | 6        | 2:21        | 17      | 7:23       | 25.30    | 1:17:17       | 3:03         | 6        | 17:14       | 4       | 7:31       |
| Last lap Penalty   | -        | fehlt!     | -            | -        | -           | -       | -          | 25.30    | -             | -            | -        | -           | -       | -          |
| Lauf               | 1.10     | 7:50       | 7:07         | 6        | 2:16        | 17      | 2:44       | 26.40    | 1:25:07       | 3:13         | 6        | 19:30       | 17      | 1:06:59    |