



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: 18.33 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