



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Wrobel, Dennis

Club: Lsv Triathlon
Number: 277

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

Category:
AK 2 männlich (30-39 Jahre)

Total time: 1:26:12

Speed: 18.10 km/h
Running performance: 3:16 min/km

Rank in course/Total: 20 (of 29)

Rank in course/Men: 17 (of 19)

Best time in course: 58:21

Rank in category: 2(of 2)

Best time in the category: 1:06:27

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	6:56	4:37	2	1:24	18	2:20	1.50	6:56	4:37	2	1:24	3	1:35
Lap 2	1.50	7:26	4:57	2	1:18	18	2:45	3.00	14:22	4:47	2	2:42	3	3:14
Last lap Rad	1.50	8:15	5:30	2	1:19	16	2:58	4.50	22:37	5:01	2	4:01	3	5:24
Lap 1	0.20	0:26	2:09	2	0:10	13	0:10	4.70	23:03	4:54	2	4:11	3	5:26
Lap 2	6.30	14:43	2:20	2	3:48	16	14:15	11.00	37:46	3:25	2	7:59	3	4:59
Lap 3	6.30	15:13	2:24	2	3:50	18	14:45	17.30	52:59	3:03	2	11:49	3	5:17
Last lap Rad	6.30	15:55	2:31	2	3:45	13	15:27	23.60	1:08:54	2:55	2	15:34	3	5:42
Lap 1	0.20	0:34	2:49	2	0:09	17	0:14	23.80	1:09:28	2:55	2	15:43	3	5:50
Lap 2	1.50	8:05	5:23	2	1:34	18	7:37	25.30	1:17:33	3:03	2	17:17	3	7:47
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	8:39	7:51	2	2:28	18	3:33	26.40	1:26:12	3:15	2	19:45	18	1:08:04