



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Kuhlmann, Thorsten

Club: Triabolos
Number: 266

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

Category:
AK 4 männlich (50-59 Jahre)

Total time: 1:28:22

Speed: 17.65 km/h
Running performance: 3:21 min/km

Rank in course/Total: 22 (of 29)

Rank in course/Men: 18 (of 19)

Best time in course: 58:21

Rank in category: 1(of 2)

Best time in the category: 1:28:22

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	7:39	5:06	2	2:18	19	3:03	1.50	7:39	5:06	2	2:18	2	2:18
Lap 2	1.50	7:48	5:12	2	2:00	19	3:07	3.00	15:27	5:08	2	4:18	2	4:19
Last lap Rad	1.50	8:39	5:46	2	2:08	18	3:22	4.50	24:06	5:21	2	6:26	2	6:53
Lap 1	0.20	0:34	2:49	2	0:06	19	0:18	4.70	24:40	5:14	2	6:32	2	7:03
Lap 2	6.30	15:05	2:23	2	14:37	19	14:37	11.00	39:45	3:36	1	-	2	6:58
Lap 3	6.30	15:06	2:23	2	14:38	14	14:38	17.30	54:51	3:10	1	-	2	7:09
Last lap Rad	6.30	16:51	2:40	2	16:23	18	16:23	23.60	1:11:42	3:02	1	-	2	8:30
Lap 1	0.20	0:37	3:05	2	0:09	19	0:17	23.80	1:12:19	3:02	1	-	2	8:41
Lap 2	1.50	8:24	5:36	2	7:56	19	7:56	25.30	1:20:43	3:11	1	-	2	10:57
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	7:39	6:57	1	-	16	2:33	26.40	1:28:22	3:20	2	1:10:14	19	1:10:14