



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Samuels, Anke

Total time: 1:30:10

Club: sporttrend ultratriathlon team braunschweig
Number: 271

Speed: 17.30 km/h
Running performance: 3:25 min/km

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

Rank in course/Total: 23 (of 29)
Rank in course/Women: 5 (of 10)
Best time in course: 1:17:18

Category:
AK 3 weiblich (40-49 Jahre)

Rank in category: 3(of 7)
Best time in the category: 1:23:33

Intermediate times				Stage score				Total ranking						
Control	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	7:45	5:10	4	1:15	6	1:59	1.50	7:45	5:10	3	1:15	5	1:59
Lap 2	1.50	7:47	5:11	3	0:45	5	1:31	3.00	15:32	5:10	3	1:57	5	3:30
Last lap Rad	1.50	9:23	6:15	4	1:19	6	1:59	4.50	24:55	5:32	3	3:16	5	5:29
Lap 1	0.20	0:27	2:15	3	0:04	5	0:04	4.70	25:22	5:23	3	3:20	5	5:31
Lap 2	6.30	15:32	2:27	2	0:37	4	1:08	11.00	40:54	3:43	3	3:57	5	6:39
Lap 3	6.30	15:35	2:28	2	0:32	4	1:24	17.30	56:29	3:15	3	4:29	5	8:03
Last lap Rad	6.30	17:22	2:45	3	1:03	5	2:45	23.60	1:13:51	3:07	3	5:32	5	10:48
Lap 1	0.20	0:31	2:35	3	0:02	5	0:03	23.80	1:14:22	3:07	3	5:34	5	10:51
Lap 2	1.50	8:01	5:20	3	0:46	5	1:34	25.30	1:22:23	3:15	3	6:05	5	12:25
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	7:47	7:04	3	0:38	5	1:27	26.40	1:30:10	3:24	4	1:30:10	6	1:30:10