



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Beckert, Sabine

Club: MTV Förste e.V.  
Number: 254

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

Category:  
AK 3 weiblich (40-49 Jahre)

Total time: 1:38:32

Speed: 15.83 km/h  
Running performance: 3:44 min/km

Rank in course/Total: 24 (of 29)  
Rank in course/Women: 6 (of 10)  
Best time in course: 1:17:18

Rank in category: 4(of 7)  
Best time in the category: 1:23:33

Control	Intermediate times								Stage score				Total ranking			
	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	7:58	5:18	6	1:28	8	2:12	1.50	7:58	5:18	4	1:28	6	2:12		
Lap 2	1.50	8:29	5:39	6	1:27	9	2:13	3.00	16:27	5:29	4	2:52	6	4:25		
Last lap Rad	1.50	9:41	6:27	5	1:37	7	2:17	4.50	26:08	5:48	4	4:29	6	6:42		
Lap 1	0.20	0:28	2:19	4	0:05	6	0:05	4.70	26:36	5:39	4	4:34	6	6:45		
Lap 2	6.30	17:25	2:45	4	2:30	6	3:01	11.00	44:01	4:00	4	7:04	6	9:46		
Lap 3	6.30	17:17	2:44	4	2:14	6	3:06	17.30	1:01:18	3:32	4	9:18	6	12:52		
Last lap Rad	6.30	18:38	2:57	4	2:19	6	4:01	23.60	1:19:56	3:23	4	11:37	6	16:53		
Lap 1	0.20	0:37	3:05	6	0:08	9	0:09	23.80	1:20:33	3:23	4	11:45	6	17:02		
Lap 2	1.50	9:03	6:02	6	1:48	9	2:36	25.30	1:29:36	3:32	4	13:18	6	19:38		
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-		
Lauf	1.10	8:56	8:07	6	1:47	9	2:36	26.40	1:38:32	3:43	5	1:38:32	7	1:38:32		