



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Schmitz, Claudia

Club: Braunschweig
Number: 273

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

Category:
AK 3 weiblich (40-49 Jahre)

Total time: 1:42:06

Speed: 15.28 km/h
Running performance: 3:52 min/km

Rank in course/Total: 26 (of 29)
Rank in course/Women: 8 (of 10)
Best time in course: 1:17:18

Rank in category: 6(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	7:48	5:12	5	1:18	7	2:02	1.50	7:48	5:12	5	1:18	7	2:02		
Lap 2	1.50	8:04	5:22	5	1:02	7	1:48	3.00	15:52	5:17	5	2:17	7	3:50		
Last lap Rad	1.50	11:44	7:49	6	3:40	9	4:20	4.50	27:36	6:08	5	5:57	7	8:10		
Lap 1	0.20	0:33	2:45	5	0:10	8	0:10	4.70	28:09	5:59	5	6:07	7	8:18		
Lap 2	6.30	18:00	2:51	5	3:05	7	3:36	11.00	46:09	4:11	5	9:12	7	11:54		
Lap 3	6.30	18:00	2:51	5	2:57	7	3:49	17.30	1:04:09	3:42	5	12:09	7	15:43		
Last lap Rad	6.30	20:42	3:17	5	4:23	8	6:05	23.60	1:24:51	3:35	5	16:32	7	21:48		
Lap 1	0.20	0:35	2:54	5	0:06	8	0:07	23.80	1:25:26	3:35	5	16:38	7	21:55		
Lap 2	1.50	8:27	5:37	4	1:12	6	2:00	25.30	1:33:53	3:42	5	17:35	7	23:55		
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-		
Lauf	1.10	8:13	7:28	5	1:04	7	1:53	26.40	1:42:06	3:52	7	1:42:06	9	1:42:06		