



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Geher, Sabine

Club: TSV Heiligenrode  
Number: 258

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

Category:  
AK 4 weiblich (50-59 Jahre)

Total time: 1:42:30

Speed: 15.45 km/h  
Running performance: 3:53 min/km

Rank in course/Total: 27 (of 29)  
Rank in course/Women: 9 (of 10)  
Best time in course: 1:17:18

Rank in category: 1(of 1)  
Best time in the category: 1:42:30

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	7:59	5:19	1	-	9	2:13	1.50	7:59	5:19	1	-	9	2:13
Lap 2	1.50	8:22	5:34	1	-	8	2:06	3.00	16:21	5:27	1	-	9	4:19
Last lap Rad	1.50	9:55	6:36	1	-	8	2:31	4.50	26:16	5:50	1	-	9	6:50
Lap 1	0.20	0:32	2:39	1	-	7	0:09	4.70	26:48	5:42	1	-	9	6:57
Lap 2	6.30	18:53	2:59	1	-	9	4:29	11.00	45:41	4:09	1	-	9	11:26
Lap 3	6.30	19:02	3:01	1	-	8	4:51	17.30	1:04:43	3:44	1	-	9	16:17
Last lap Rad	6.30	20:13	3:12	1	-	7	5:36	23.60	1:24:56	3:35	1	-	9	21:53
Lap 1	0.20	0:33	2:45	1	-	6	0:05	23.80	1:25:29	3:35	1	-	9	21:58
Lap 2	1.50	8:35	5:43	1	-	8	2:08	25.30	1:34:04	3:43	1	-	9	24:06
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	8:26	7:39	1	-	8	2:06	26.40	1:42:30	3:52	1	-	10	1:42:30