



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Fahrenholz, Philipp

Club: LC Hansa Stuhr  
Number: 13

Course: 55.00 km  
HarzMan 10,0-40,0-5,0

Category:  
AK 1 männlich (20-29 Jahre)

Total time: 2:08:59

Speed: 25.58 km/h  
Running performance: 2:21 min/km

Rank in course/Total: 1 (of 46)

Rank in course/Men: 1 (of 42)

Best time in course: 2:08:59

Rank in category: 1(of 6)

Best time in the category: 2:08:59

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	2.50	8:12	3:16	1	-	3	0:15	2.50	8:12	3:16	1	-	32	
Lap 2	2.50	8:38	3:27	1	-	2	0:14	5.00	16:50	3:21	1	-	23	
Lap 3	2.50	9:05	3:38	2	0:02	4	0:27	7.50	25:55	3:27	1	-	32	
Last lap Rad	2.50	9:24	3:45	1	-	2	0:11	10.00	35:19	3:31	1	-	23	
Lap 1	0.20	0:23	1:55	3	0:02	16	0:04	10.20	35:42	3:30	1	-	32	
Lap 2	10.00	17:40	1:46	1	-	1	-	20.20	53:22	2:38	1	-	32	
Lap 3	10.00	17:41	1:46	1	-	1	-	30.20	1:11:03	2:21	1	-	32	
Lap 4	10.00	18:15	1:49	1	-	1	-	40.20	1:29:18	2:13	1	-	32	
Last lap Rad	10.00	19:16	1:55	1	-	2	8:23	50.20	1:48:34	2:09	1	-	32	
Lap 1	0.20	0:25	2:05	3	0:03	6	0:04	50.40	1:48:59	2:09	1	-	32	
Lap 2	2.50	9:48	3:55	3	0:31	5	0:37	52.90	1:58:47	2:14	1	-	32	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	10:12	4:51	3	1:09	8	1:09	55.00	2:08:59	2:20	1	-	2	42:44