



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Scholze, Alexander

Club: Triathlon Jena e.V.
Number: 46

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

Category:
AK 2 männlich (30-39 Jahre)

Total time: 2:19:54

Speed: 23.59 km/h
Running performance: 2:32 min/km

Rank in course/Total: 2 (of 46)

Rank in course/Men: 2 (of 42)

Best time in course: 2:08:59

Rank in category: 1(of 14)

Best time in the category: 2:19:54

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	8:10	3:15	2	0:13	2	0:13	2.50	8:10	3:15	1	-	23	
Lap 2	2.50	8:40	3:27	2	0:16	3	0:16	5.00	16:50	3:21	1	-	23	
Lap 3	2.50	9:04	3:37	2	0:26	3	0:26	7.50	25:54	3:27	1	-	23	
Last lap Rad	2.50	9:55	3:57	2	0:42	3	0:42	10.00	35:49	3:34	1	-	24	
Lap 1	0.20	0:25	2:05	9	0:06	21	0:06	10.20	36:14	3:33	1	-	23	
Lap 2	10.00	20:47	2:04	4	1:06	7	3:07	20.20	57:01	2:49	1	-	23	
Lap 3	10.00	21:04	2:06	4	1:15	7	3:23	30.20	1:18:05	2:35	1	-	23	
Lap 4	10.00	20:58	2:05	1	-	4	2:43	40.20	1:39:03	2:27	1	-	23	
Last lap Rad	10.00	21:59	2:11	2	0:07	5	11:06	50.20	2:01:02	2:24	1	-	23	
Lap 1	0.20	0:23	1:55	1	-	3	0:02	50.40	2:01:25	2:24	1	-	23	
Lap 2	2.50	9:11	3:40	1	-	1	-	52.90	2:10:36	2:28	1	-	23	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	9:18	4:25	2	0:12	3	0:15	55.00	2:19:54	2:32	1	-	3	53:39