



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Theilmann, Oliver

Club: 1. TCO die Bären
Number: 49

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

Category:
AK 2 männlich (30-39 Jahre)

Total time: 2:22:28

Speed: 23.16 km/h
Running performance: 2:35 min/km

Rank in course/Total: 3 (of 46)

Rank in course/Men: 3 (of 42)

Best time in course: 2:08:59

Rank in category: 2(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	7:57	3:10	1	-	1	-	2.50	7:57	3:10	2		24	
Lap 2	2.50	8:24	3:21	1	-	1	-	5.00	16:21	3:16	2		24	
Lap 3	2.50	8:38	3:27	1	-	1	-	7.50	24:59	3:19	2		24	
Last lap Rad	2.50	9:13	3:41	1	-	1	-	10.00	34:12	3:25	2		25	
Lap 1	0.20	0:19	1:34	1	-	1	-	10.20	34:31	3:23	2		24	
Lap 2	10.00	19:41	1:58	1	-	2	2:01	20.20	54:12	2:40	2		24	
Lap 3	10.00	19:49	1:58	1	-	2	2:08	30.20	1:14:01	2:27	2		24	
Lap 4	10.00	21:32	2:09	4	0:34	8	3:17	40.20	1:35:33	2:22	2		24	
Last lap Rad	10.00	24:28	2:26	7	2:36	17	13:35	50.20	2:00:01	2:23	2		24	
Lap 1	0.20	0:36	2:59	14	0:13	37	0:15	50.40	2:00:37	2:23	2		24	
Lap 2	2.50	11:41	4:40	10	2:30	25	2:30	52.90	2:12:18	2:30	2	1:42	24	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	10:10	4:50	4	1:04	6	1:07	55.00	2:22:28	2:35	2	2:34	4	56:13