



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Lämmerhirt, Dennis

Club: Waspo 08 Göttingen Triathlon  
Number: 32

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

Category:  
AK 2 männlich (30-39 Jahre)

Total time: 2:22:42

Speed: 23.13 km/h  
Running performance: 2:35 min/km

Rank in course/Total: 4 (of 46)

Rank in course/Men: 4 (of 42)

Best time in course: 2:08:59

Rank in category: 3(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	8:50	3:32	3	0:53	5	0:53	2.50	8:50	3:32	3	0:40	25	
Lap 2	2.50	9:13	3:41	3	0:49	5	0:49	5.00	18:03	3:36	3	1:13	25	
Lap 3	2.50	9:17	3:42	3	0:39	5	0:39	7.50	27:20	3:38	3	1:26	25	
Last lap Rad	2.50	10:34	4:13	4	1:21	10	1:21	10.00	37:54	3:47	3	2:05	26	
Lap 1	0.20	0:20	1:39	4	0:01	4	0:01	10.20	38:14	3:44	3	2:00	25	
Lap 2	10.00	20:50	2:04	5	1:09	8	3:10	20.20	59:04	2:55	3	2:03	25	
Lap 3	10.00	21:10	2:07	5	1:21	8	3:29	30.20	1:20:14	2:39	3	2:09	25	
Lap 4	10.00	21:26	2:08	3	0:28	6	3:11	40.20	1:41:40	2:31	3	2:37	25	
Last lap Rad	10.00	21:52	2:11	1	-	4	10:59	50.20	2:03:32	2:27	3	2:30	25	
Lap 1	0.20	0:25	2:05	3	0:02	6	0:04	50.40	2:03:57	2:27	3	2:32	25	
Lap 2	2.50	9:39	3:51	2	0:28	3	0:28	52.90	2:13:36	2:31	3	3:00	25	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	9:06	4:19	1	-	2	0:03	55.00	2:22:42	2:35	3	2:48	5	56:27