



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Reckemeier, Nils

Club: ESV Eintracht Hameln
Number: 270

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

Category:
Junioren (18/19 Jahre)

Total time: 58:21

Speed: 26.74 km/h
Running performance: 2:13 min/km

Rank in course/Total: 1 (of 29)

Rank in course/Men: 1 (of 19)

Best time in course: 58:21

Rank in category: 1(of 4)

Best time in the category: 58:21

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	1.50	4:36	3:03	1	-	1	-	1.50	4:36	3:03	1	-	11	
Lap 2	1.50	4:41	3:07	1	-	1	-	3.00	9:17	3:05	1	-	11	
Last lap Rad	1.50	5:17	3:31	1	-	1	-	4.50	14:34	3:14	1	-	11	
Lap 1	0.20	0:20	1:39	1	-	3	0:04	4.70	14:54	3:10	1	-	11	
Lap 2	6.30	10:37	1:41	1	-	2	10:09	11.00	25:31	2:19	1	-	10	
Lap 3	6.30	10:39	1:41	1	-	2	10:11	17.30	36:10	2:05	1	-	10	
Last lap Rad	6.30	11:17	1:47	1	-	2	10:49	23.60	47:27	2:00	1	-	10	
Lap 1	0.20	0:25	2:05	3	0:03	6	0:05	23.80	47:52	2:00	1	-	10	
Lap 2	1.50	5:21	3:33	2	0:13	3	4:53	25.30	53:13	2:06	1	-	10	
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	5:08	4:40	2	0:02	2	0:02	26.40	58:21	2:12	1	-	2	40:13