



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

Detailed evaluation

Lübke, Thorsten

Club: TuS Celle 92

Number: 35

Course: 55.00 km

HarzMan 10,0-40,0-5,0

Category:

AK 3 männlich (40-49 Jahre)

Total time: 2:29:42

Speed: 22.04 km/h

Running performance: 2:43 min/km

Rank in course/Total: 10 (of 46)

Rank in course/Men: 10 (of 42)

Best time in course: 2:08:59

Rank in category: 3(of 15)

Best time in the category: 2:24:58

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	9:48	3:55	6	1:02	17	1:51	2.50	9:48	3:55	3	0:27	31	
Lap 2	2.50	9:58	3:59	5	0:37	16	1:34	5.00	19:46	3:57	3	0:46	31	
Lap 3	2.50	10:01	4:00	5	0:27	15	1:23	7.50	29:47	3:58	3	1:01	31	
Last lap Rad	2.50	11:07	4:26	4	0:57	14	1:54	10.00	40:54	4:05	3	1:58	32	
Lap 1	0.20	0:22	1:49	2	0:01	12	0:03	10.20	41:16	4:02	3	1:27	31	
Lap 2	10.00	21:11	2:07	3	0:30	10	3:31	20.20	1:02:27	3:05	3	1:57	31	
Lap 3	10.00	21:17	2:07	3	0:34	10	3:36	30.20	1:23:44	2:46	3	2:31	31	
Lap 4	10.00	21:42	2:10	3	1:08	10	3:27	40.20	1:45:26	2:37	3	3:39	31	
Last lap Rad	10.00	22:41	2:16	3	0:59	10	11:48	50.20	2:08:07	2:33	3	4:38	31	
Lap 1	0.20	0:30	2:30	6	0:09	24	0:09	50.40	2:08:37	2:33	3	4:20	31	
Lap 2	2.50	10:45	4:17	4	0:34	12	1:34	52.90	2:19:22	2:38	3	4:36	31	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	10:20	4:55	4	0:09	11	1:17	55.00	2:29:42	2:43	3	4:44	11	1:03:27