



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Lindert, Jörg

Club: MTV Förste e.V.
Number: 60

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

Category:
AK 2 männlich (30-39 Jahre)

Total time: 2:31:37

Speed: 21.77 km/h
Running performance: 2:46 min/km

Rank in course/Total: 12 (of 46)

Rank in course/Men: 12 (of 42)

Best time in course: 2:08:59

Rank in category: 6(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	9:41	3:52	7	1:44	16	1:44	2.50	9:41	3:52	6	1:31	33	
Lap 2	2.50	9:56	3:58	7	1:32	15	1:32	5.00	19:37	3:55	6	2:47	33	
Lap 3	2.50	10:06	4:02	7	1:28	16	1:28	7.50	29:43	3:57	6	3:49	33	
Last lap Rad	2.50	11:14	4:29	8	2:01	16	2:01	10.00	40:57	4:05	6	5:08	34	
Lap 1	0.20	0:20	1:39	4	0:01	4	0:01	10.20	41:17	4:02	6	5:03	33	
Lap 2	10.00	21:34	2:09	6	1:53	12	3:54	20.20	1:02:51	3:06	6	5:50	33	
Lap 3	10.00	22:03	2:12	6	2:14	13	4:22	30.20	1:24:54	2:48	6	6:49	33	
Lap 4	10.00	22:30	2:15	6	1:32	13	4:15	40.20	1:47:24	2:40	6	8:21	33	
Last lap Rad	10.00	22:54	2:17	5	1:02	11	12:01	50.20	2:10:18	2:35	6	9:16	33	
Lap 1	0.20	0:28	2:19	8	0:05	13	0:07	50.40	2:10:46	2:35	6	9:21	33	
Lap 2	2.50	10:15	4:05	3	1:04	7	1:04	52.90	2:21:01	2:39	6	10:25	33	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	10:36	5:02	5	1:30	12	1:33	55.00	2:31:37	2:45	6	11:43	13	1:05:22