



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Ott, Martin

Club: TSV Schwarme  
Number: 61

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

Category:  
AK 2 männlich (30-39 Jahre)

Total time: 2:33:17

Speed: 21.53 km/h  
Running performance: 2:47 min/km

Rank in course/Total: 13 (of 46)

Rank in course/Men: 13 (of 42)

Best time in course: 2:08:59

Rank in category: 7(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	10:04	4:01	12	2:07	27	2:07	2.50	10:04	4:01	7	1:54	34	0:02
Lap 2	2.50	10:31	4:12	10	2:07	22	2:07	5.00	20:35	4:06	7	3:45	34	0:27
Lap 3	2.50	10:52	4:20	11	2:14	28	2:14	7.50	31:27	4:11	7	5:33	34	0:38
Last lap Rad	2.50	12:34	5:01	11	3:21	30	3:21	10.00	44:01	4:24	7	8:12	35	1:59
Lap 1	0.20	0:21	1:44	6	0:02	7	0:02	10.20	44:22	4:20	7	8:08	34	1:54
Lap 2	10.00	20:32	2:03	2	0:51	4	2:52	20.20	1:04:54	3:12	7	7:53	34	
Lap 3	10.00	21:00	2:06	3	1:11	6	3:19	30.20	1:25:54	2:50	7	7:49	34	
Lap 4	10.00	21:40	2:10	5	0:42	9	3:25	40.20	1:47:34	2:40	7	8:31	34	
Last lap Rad	10.00	22:36	2:15	4	0:44	9	11:43	50.20	2:10:10	2:35	7	9:08	34	
Lap 1	0.20	0:26	2:09	4	0:03	8	0:05	50.40	2:10:36	2:35	7	9:11	34	
Lap 2	2.50	11:01	4:24	7	1:50	16	1:50	52.90	2:21:37	2:40	7	11:01	34	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:40	5:33	10	2:34	24	2:37	55.00	2:33:17	2:47	7	13:23	14	1:07:02