



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

Detailed evaluation

Beckert, Holger

Club: MTV Förste e.V.
Number: 6

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

Category:
AK 3 männlich (40-49 Jahre)

Total time: 2:39:52

Speed: 20.64 km/h
Running performance: 2:55 min/km

Rank in course/Total: 16 (of 46)

Rank in course/Men: 16 (of 42)

Best time in course: 2:08:59

Rank in category: 5(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	10:32	4:12	11	1:46	33	2:35	2.50	10:32	4:12	5	1:11	37	0:30
Lap 2	2.50	11:13	4:29	12	1:52	33	2:49	5.00	21:45	4:20	5	2:45	37	1:37
Lap 3	2.50	11:23	4:33	12	1:49	33	2:45	7.50	33:08	4:25	5	4:22	37	2:19
Last lap Rad	2.50	12:32	5:00	10	2:22	29	3:19	10.00	45:40	4:33	5	6:44	38	3:38
Lap 1	0.20	0:26	2:09	8	0:05	25	0:07	10.20	46:06	4:31	5	6:17	37	3:38
Lap 2	10.00	21:35	2:09	4	0:54	13	3:55	20.20	1:07:41	3:21	5	7:11	37	1:13
Lap 3	10.00	22:01	2:12	4	1:18	12	4:20	30.20	1:29:42	2:58	5	8:29	37	
Lap 4	10.00	22:23	2:14	4	1:49	12	4:08	40.20	1:52:05	2:47	5	10:18	37	
Last lap Rad	10.00	23:32	2:21	4	1:50	13	12:39	50.20	2:15:37	2:42	5	12:08	37	
Lap 1	0.20	0:30	2:30	6	0:09	24	0:09	50.40	2:16:07	2:42	5	11:50	37	
Lap 2	2.50	12:13	4:53	9	2:02	30	3:02	52.90	2:28:20	2:48	5	13:34	37	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:32	5:29	7	1:21	21	2:29	55.00	2:39:52	2:54	5	14:54	17	1:13:37