



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Leiendecker, Daniel

Club: Läufer-Team Oker e.V.  
Number: 34

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

Category:  
AK 2 männlich (30-39 Jahre)

Total time: 2:40:01

Speed: 20.62 km/h  
Running performance: 2:55 min/km

Rank in course/Total: 17 (of 46)

Rank in course/Men: 17 (of 42)

Best time in course: 2:08:59

Rank in category: 9(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	10:01	4:00	9	2:04	23	2:04	2.50	10:01	4:00	9	1:51	38	
Lap 2	2.50	10:09	4:03	9	1:45	20	1:45	5.00	20:10	4:01	9	3:20	5	0:02
Lap 3	2.50	10:06	4:02	7	1:28	16	1:28	7.50	30:16	4:02	9	4:22	38	
Last lap Rad	2.50	11:18	4:31	9	2:05	17	2:05	10.00	41:34	4:09	9	5:45	39	
Lap 1	0.20	0:28	2:19	12	0:09	34	0:09	10.20	42:02	4:07	9	5:48	38	
Lap 2	10.00	22:07	2:12	8	2:26	15	4:27	20.20	1:04:09	3:10	9	7:08	38	
Lap 3	10.00	22:31	2:15	9	2:42	16	4:50	30.20	1:26:40	2:52	9	8:35	38	
Lap 4	10.00	23:32	2:21	9	2:34	20	5:17	40.20	1:50:12	2:44	9	11:09	38	
Last lap Rad	10.00	27:06	2:42	12	5:14	28	16:13	50.20	2:17:18	2:44	9	16:16	38	
Lap 1	0.20	0:24	2:00	2	0:01	5	0:03	50.40	2:17:42	2:43	9	16:17	38	
Lap 2	2.50	11:00	4:24	6	1:49	15	1:49	52.90	2:28:42	2:48	9	18:06	38	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:19	5:23	8	2:13	19	2:16	55.00	2:40:01	2:54	9	20:07	18	1:13:46