



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Block, Ruben

Club: WSV 21

Number: 8

Course: 55.00 km

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

Category:

AK 1 männlich (20-29 Jahre)

Total time: 2:40:48

Speed: 20.52 km/h

Running performance: 2:55 min/km

Rank in course/Total: 18 (of 46)

Rank in course/Men: 18 (of 42)

Best time in course: 2:08:59

Rank in category: 4(of 6)

Best time in the category: 2:08:59

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	6	1:49	23	2:04	2.50	10:01	4:00	4	1:49	38	
Lap 2	2.50	10:42	4:16	6	2:04	27	2:18	5.00	20:43	4:08	4	3:53	39	0:35
Lap 3	2.50	10:47	4:18	6	1:44	25	2:09	7.50	31:30	4:12	4	5:35	6	0:41
Last lap Rad	2.50	11:26	4:34	5	2:02	19	2:13	10.00	42:56	4:17	4	7:37	40	0:54
Lap 1	0.20	0:26	2:09	6	0:05	25	0:07	10.20	43:22	4:15	4	7:40	39	0:54
Lap 2	10.00	22:19	2:13	4	4:39	16	4:39	20.20	1:05:41	3:15	4	12:19	39	
Lap 3	10.00	23:23	2:20	4	5:42	21	5:42	30.20	1:29:04	2:56	4	18:01	39	
Lap 4	10.00	23:02	2:18	4	4:47	15	4:47	40.20	1:52:06	2:47	4	22:48	39	
Last lap Rad	10.00	24:13	2:25	4	4:57	16	13:20	50.20	2:16:19	2:42	4	27:45	39	
Lap 1	0.20	0:28	2:19	5	0:06	13	0:07	50.40	2:16:47	2:42	4	27:48	39	
Lap 2	2.50	11:34	4:37	6	2:17	23	2:23	52.90	2:28:21	2:48	4	29:34	39	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	12:27	5:55	6	3:24	31	3:24	55.00	2:40:48	2:55	4	31:49	19	1:14:33