



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Reckemeier, Rebecca

Club: ESV Eintracht Hameln
Number: 40

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

Category:
AK 2 weiblich (30-39 Jahre)

Total time: 2:40:52

Speed: 20.51 km/h
Running performance: 2:55 min/km

Rank in course/Total: 20 (of 46)

Rank in course/Women: 1 (of 4)

Best time in course: 2:40:52

Rank in category: 1(of 2)

Best time in the category: 2:40:52

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	2.50	10:07	4:02	1	-	1	-	2.50	10:07	4:02	1	-	1	-
Lap 2	2.50	10:45	4:17	1	-	1	-	5.00	20:52	4:10	1	-	1	-
Lap 3	2.50	11:01	4:24	1	-	1	-	7.50	31:53	4:15	1	-	1	-
Last lap Rad	2.50	11:55	4:46	1	-	1	-	10.00	43:48	4:22	1	-	1	-
Lap 1	0.20	0:21	1:44	1	-	1	-	10.20	44:09	4:19	1	-	1	-
Lap 2	10.00	22:24	2:14	1	-	1	-	20.20	1:06:33	3:17	1	-	1	-
Lap 3	10.00	22:43	2:16	1	-	1	-	30.20	1:29:16	2:57	1	-	1	-
Lap 4	10.00	23:21	2:20	1	-	1	-	40.20	1:52:37	2:48	1	-	1	-
Last lap Rad	10.00	24:45	2:28	1	-	1	-	50.20	2:17:22	2:44	1	-	1	-
Lap 1	0.20	0:26	2:09	1	-	1	-	50.40	2:17:48	2:44	1	-	1	-
Lap 2	2.50	11:29	4:35	1	-	1	-	52.90	2:29:17	2:49	1	-	1	-
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:35	5:30	1	-	1	-	55.00	2:40:52	2:55	1	-	1	-