



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Trossen, Holger

Club: LSV TriTeam  
Number: 50

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

Category:  
AK 3 männlich (40-49 Jahre)

Total time: 2:41:06

Speed: 20.48 km/h  
Running performance: 2:56 min/km

Rank in course/Total: 21 (of 46)

Rank in course/Men: 20 (of 42)

Best time in course: 2:08:59

Rank in category: 6(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	10:26	4:10	8	1:40	29	2:29	2.50	10:26	4:10	6	1:05	41	0:24
Lap 2	2.50	10:40	4:15	8	1:19	26	2:16	5.00	21:06	4:13	6	2:06	41	0:58
Lap 3	2.50	10:48	4:19	8	1:14	26	2:10	7.50	31:54	4:15	6	3:08	41	1:05
Last lap Rad	2.50	11:45	4:42	6	1:35	22	2:32	10.00	43:39	4:21	6	4:43	42	1:37
Lap 1	0.20	0:32	2:39	13	0:11	39	0:13	10.20	44:11	4:19	6	4:22	41	1:43
Lap 2	10.00	23:17	2:19	8	2:36	24	5:37	20.20	1:07:28	3:20	6	6:58	41	1:00
Lap 3	10.00	22:53	2:17	5	2:10	18	5:12	30.20	1:30:21	2:59	6	9:08	41	
Lap 4	10.00	23:13	2:19	5	2:39	16	4:58	40.20	1:53:34	2:49	6	11:47	41	
Last lap Rad	10.00	24:52	2:29	6	3:10	18	13:59	50.20	2:18:26	2:45	6	14:57	41	
Lap 1	0.20	0:32	2:39	10	0:11	29	0:11	50.40	2:18:58	2:45	6	14:41	41	
Lap 2	2.50	11:04	4:25	6	0:53	17	1:53	52.90	2:30:02	2:50	6	15:16	41	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:04	5:16	6	0:53	16	2:01	55.00	2:41:06	2:55	6	16:08	21	1:14:51