



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Auffarth, Andreas

Club: VTB Varel

Number: 1

Course: 55.00 km

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

Category:

AK 4 männlich (50-59 Jahre)

Total time: 2:44:03

Speed: 20.12 km/h

Running performance: 2:59 min/km

Rank in course/Total: 22 (of 46)

Rank in course/Men: 21 (of 42)

Best time in course: 2:08:59

Rank in category: 1(of 4)

Best time in the category: 2:44:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.50	9:59	3:59	1	-	21	2:02	2.50	9:59	3:59	1	-	2	
Lap 2	2.50	10:35	4:14	1	-	23	2:11	5.00	20:34	4:06	1	-	2	0:26
Lap 3	2.50	10:51	4:20	1	-	27	2:13	7.50	31:25	4:11	1	-	2	0:36
Last lap Rad	2.50	12:29	4:59	1	-	27	3:16	10.00	43:54	4:23	2		2	1:52
Lap 1	0.20	0:30	2:30	3	0:10	37	0:11	10.20	44:24	4:21	1	-	2	1:56
Lap 2	10.00	22:52	2:17	1	-	23	5:12	20.20	1:07:16	3:19	1	-	2	0:48
Lap 3	10.00	23:17	2:19	1	-	20	5:36	30.20	1:30:33	2:59	1	-	2	
Lap 4	10.00	23:46	2:22	1	-	22	5:31	40.20	1:54:19	2:50	1	-	2	
Last lap Rad	10.00	10:53	1:05	1	-	1	-	50.20	2:05:12	2:29	1	-	2	
Lap 1	0.20	14:43	73:34	3	14:11	41	14:22	50.40	2:19:55	2:46	1	-	2	
Lap 2	2.50	11:36	4:38	1	-	24	2:25	52.90	2:31:31	2:51	1	-	2	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	12:32	5:58	1	-	32	3:29	55.00	2:44:03	2:58	2	1:17:48	22	1:17:48