



# 5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

## Detailed evaluation

**Hold, Jürgen**

Club: LAV Verden  
Number: 25

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

Category:  
AK 5 männlich (60 und älter)

Total time: 2:45:03

Speed: 19.99 km/h  
Running performance: 3:00 min/km

Rank in course/Total: 24 (of 46)

Rank in course/Men: 23 (of 42)

Best time in course: 2:08:59

Rank in category: 2(of 3)

Best time in the category: 2:40:49

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	9:36	3:50	1	-	13	1:39	2.50	9:36	3:50	2		3		
Lap 2	2.50	9:41	3:52	1	-	12	1:17	5.00	19:17	3:51	2		3		
Lap 3	2.50	9:46	3:54	1	-	10	1:08	7.50	29:03	3:52	2		3		
Last lap Rad	2.50	10:22	4:08	1	-	5	1:09	10.00	39:25	3:56	2		3		
Lap 1	0.20	0:31	2:35	3	0:07	38	0:12	10.20	39:56	3:54	2		3		
Lap 2	10.00	24:22	2:26	2	1:57	29	6:42	20.20	1:04:18	3:10	2		3		
Lap 3	10.00	24:08	2:24	2	1:24	26	6:27	30.20	1:28:26	2:55	2	0:58	3		
Lap 4	10.00	26:14	2:37	2	2:56	33	7:59	40.20	1:54:40	2:51	2	3:54	3		
Last lap Rad	10.00	27:34	2:45	2	1:40	30	16:41	50.20	2:22:14	2:49	2	5:34	3		
Lap 1	0.20	0:31	2:35	1	-	27	0:10	50.40	2:22:45	2:49	2	5:31	3		
Lap 2	2.50	11:12	4:28	1	-	18	2:01	52.90	2:33:57	2:54	2	4:42	3		
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-	
Lauf	2.10	11:06	5:17	1	-	17	2:03	55.00	2:45:03	3:00	2	4:14	24	1:18:48	