



# 5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

## Detailed evaluation

**Golenia, Christiane**

Club: LC Hansa Stuhr Tri-Wölfe  
Number: 20

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

Category:  
AK 4 weiblich (50-59 Jahre)

Total time: 2:46:35

Speed: 19.81 km/h  
Running performance: 3:02 min/km

Rank in course/Total: 26 (of 46)

Rank in course/Women: 2 (of 4)

Best time in course: 2:40:52

Rank in category: 1(of 1)

Best time in the category: 2:46:35

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	10:57	4:22	1	-	2	0:50	2.50	10:57	4:22	1	-	2	0:50
Lap 2	2.50	11:22	4:32	1	-	2	0:37	5.00	22:19	4:27	1	-	2	1:27
Lap 3	2.50	11:13	4:29	1	-	2	0:12	7.50	33:32	4:28	1	-	2	1:39
Last lap Rad	2.50	11:56	4:46	1	-	2	0:01	10.00	45:28	4:32	1	-	2	1:40
Lap 1	0.20	0:30	2:30	1	-	3	0:09	10.20	45:58	4:30	1	-	2	1:49
Lap 2	10.00	23:25	2:20	1	-	2	1:01	20.20	1:09:23	3:26	1	-	2	2:50
Lap 3	10.00	23:41	2:22	1	-	2	0:58	30.20	1:33:04	3:04	1	-	2	3:48
Lap 4	10.00	24:07	2:24	1	-	2	0:46	40.20	1:57:11	2:54	1	-	2	4:34
Last lap Rad	10.00	25:03	2:30	1	-	2	0:18	50.20	2:22:14	2:49	1	-	2	4:52
Lap 1	0.20	0:31	2:35	1	-	2	0:05	50.40	2:22:45	2:49	1	-	2	4:57
Lap 2	2.50	11:51	4:44	1	-	2	0:22	52.90	2:34:36	2:55	1	-	2	5:19
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:59	5:42	1	-	2	0:24	55.00	2:46:35	3:01	1	-	2	5:43