



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

Detailed evaluation

Hahn, Jonas

Club: TuS Celle 92

Number: 21

Course: 55.00 km

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

Category:

AK 1 männlich (20-29 Jahre)

Total time: 2:50:15

Speed: 19.38 km/h

Running performance: 3:06 min/km

Rank in course/Total: 30 (of 46)

Rank in course/Men: 28 (of 42)

Best time in course: 2:08:59

Rank in category: 5(of 6)

Best time in the category: 2:08:59

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	9:51	3:56	5	1:39	20	1:54	2.50	9:51	3:56	5	1:39	5	
Lap 2	2.50	10:19	4:07	4	1:41	21	1:55	5.00	20:10	4:01	5	3:20	5	0:02
Lap 3	2.50	10:10	4:03	4	1:07	18	1:32	7.50	30:20	4:02	5	4:25	5	
Last lap Rad	2.50	11:24	4:33	4	2:00	18	2:11	10.00	41:44	4:10	5	6:25	5	
Lap 1	0.20	0:21	1:44	1	-	7	0:02	10.20	42:05	4:07	5	6:23	5	
Lap 2	10.00	23:35	2:21	5	5:55	26	5:55	20.20	1:05:40	3:15	5	12:18	5	
Lap 3	10.00	24:39	2:27	5	6:58	29	6:58	30.20	1:30:19	2:59	5	19:16	5	
Lap 4	10.00	25:32	2:33	5	7:17	28	7:17	40.20	1:55:51	2:52	5	26:33	5	
Last lap Rad	10.00	30:20	3:01	6	11:04	37	19:27	50.20	2:26:11	2:54	5	37:37	5	
Lap 1	0.20	0:27	2:15	4	0:05	11	0:06	50.40	2:26:38	2:54	5	37:39	5	
Lap 2	2.50	10:55	4:21	4	1:38	13	1:44	52.90	2:37:33	2:58	5	38:46	5	
Last lap Penalty	-	2:00	-	1	-	1	-	52.90	2:39:33	-	2	2:39:33	3	2:39:33
Lauf	2.10	10:42	5:05	4	1:39	13	1:39	55.00	2:50:15	3:05	5	41:16	29	1:24:00