



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Sanders, Karsten

Club: Hamburger Laufladen  
Number: 43

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

Category:  
AK 3 männlich (40-49 Jahre)

Total time: 2:48:55

Speed: 19.54 km/h  
Running performance: 3:04 min/km

Rank in course/Total: 28 (of 46)

Rank in course/Men: 26 (of 42)

Best time in course: 2:08:59

Rank in category: 8(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	9:40	3:51	4	0:54	14	1:43	2.50	9:40	3:51	8	0:19	7	
Lap 2	2.50	9:54	3:57	4	0:33	14	1:30	5.00	19:34	3:54	8	0:34	7	
Lap 3	2.50	9:58	3:59	4	0:24	13	1:20	7.50	29:32	3:56	8	0:46	7	
Last lap Rad	2.50	10:48	4:19	3	0:38	11	1:35	10.00	40:20	4:01	8	1:24	7	
Lap 1	0.20	0:25	2:05	5	0:04	21	0:06	10.20	40:45	3:59	8	0:56	7	
Lap 2	10.00	24:50	2:29	10	4:09	31	7:10	20.20	1:05:35	3:14	8	5:05	7	
Lap 3	10.00	25:34	2:33	12	4:51	33	7:53	30.20	1:31:09	3:01	8	9:56	7	
Lap 4	10.00	26:26	2:38	12	5:52	34	8:11	40.20	1:57:35	2:55	8	15:48	7	0:07
Last lap Rad	10.00	28:51	2:53	12	7:09	33	17:58	50.20	2:26:26	2:55	8	22:57	7	
Lap 1	0.20	0:36	2:59	14	0:15	37	0:15	50.40	2:27:02	2:55	8	22:45	7	
Lap 2	2.50	10:57	4:22	5	0:46	14	1:46	52.90	2:37:59	2:59	8	23:13	7	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	10:56	5:12	5	0:45	15	1:53	55.00	2:48:55	3:04	8	23:57	27	1:22:40