



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Michel, Sven

Club: TriAS Hildesheim
Number: 36

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

Category:
AK 3 männlich (40-49 Jahre)

Total time: 2:49:06

Speed: 19.52 km/h
Running performance: 3:04 min/km

Rank in course/Total: 29 (of 46)

Rank in course/Men: 27 (of 42)

Best time in course: 2:08:59

Rank in category: 9(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	10:40	4:15	12	1:54	34	2:43	2.50	10:40	4:15	9	1:19	8	0:38
Lap 2	2.50	11:01	4:24	10	1:40	31	2:37	5.00	21:41	4:20	9	2:41	8	1:33
Lap 3	2.50	11:16	4:30	9	1:42	30	2:38	7.50	32:57	4:23	9	4:11	8	2:08
Last lap Rad	2.50	13:41	5:28	14	3:31	36	4:28	10.00	46:38	4:39	9	7:42	8	4:36
Lap 1	0.20	0:22	1:49	2	0:01	12	0:03	10.20	47:00	4:36	9	7:11	8	4:32
Lap 2	10.00	23:28	2:20	9	2:47	25	5:48	20.20	1:10:28	3:29	9	9:58	8	4:00
Lap 3	10.00	23:31	2:21	6	2:48	22	5:50	30.20	1:33:59	3:06	9	12:46	8	2:40
Lap 4	10.00	24:27	2:26	8	3:53	24	6:12	40.20	1:58:26	2:56	9	16:39	8	0:58
Last lap Rad	10.00	26:31	2:39	9	4:49	25	15:38	50.20	2:24:57	2:53	9	21:28	8	
Lap 1	0.20	0:28	2:19	2	0:07	13	0:07	50.40	2:25:25	2:53	9	21:08	8	
Lap 2	2.50	11:55	4:46	8	1:44	26	2:44	52.90	2:37:20	2:58	9	22:34	8	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:46	5:36	9	1:35	26	2:43	55.00	2:49:06	3:04	9	24:08	28	1:22:51