



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Heider, Alexander

Club: Braunschweig  
Number: 23

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

Category:  
AK 2 männlich (30-39 Jahre)

Total time: 2:53:02

Speed: 19.07 km/h  
Running performance: 3:09 min/km

Rank in course/Total: 34 (of 46)

Rank in course/Men: 32 (of 42)

Best time in course: 2:08:59

Rank in category: 13(of 14)

Best time in the category: 2:19:54

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	10:02	4:00	10	2:05	25	2:05	2.50	10:02	4:00	13	1:52	1	-
Lap 2	2.50	10:06	4:02	8	1:42	19	1:42	5.00	20:08	4:01	13	3:18	1	-
Lap 3	2.50	10:41	4:16	9	2:03	21	2:03	7.50	30:49	4:06	13	4:55	1	-
Last lap Rad	2.50	11:13	4:29	7	2:00	15	2:00	10.00	42:02	4:12	13	6:13	1	-
Lap 1	0.20	0:26	2:09	10	0:07	25	0:07	10.20	42:28	4:09	13	6:14	1	-
Lap 2	10.00	24:00	2:23	11	4:19	27	6:20	20.20	1:06:28	3:17	13	9:27	1	-
Lap 3	10.00	24:51	2:29	12	5:02	30	7:10	30.20	1:31:19	3:01	13	13:14	1	-
Lap 4	10.00	26:09	2:36	13	5:11	31	7:54	40.20	1:57:28	2:55	13	18:25	1	-
Last lap Rad	10.00	30:00	3:00	13	8:08	36	19:07	50.20	2:27:28	2:56	13	26:26	1	-
Lap 1	0.20	0:32	2:39	13	0:09	29	0:11	50.40	2:28:00	2:56	13	26:35	1	-
Lap 2	2.50	12:54	5:09	13	3:43	35	3:43	52.90	2:40:54	3:02	13	30:18	1	-
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	12:08	5:46	11	3:02	28	3:05	55.00	2:53:02	3:08	13	33:08	33	1:26:47