



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

Detailed evaluation

Wessels, Elke

Club: 1. TCO Die Bären
Number: 53

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

Category:
AK 2 weiblich (30-39 Jahre)

Total time: 2:55:53

Speed: 18.76 km/h
Running performance: 3:12 min/km

Rank in course/Total: 36 (of 46)

Rank in course/Women: 3 (of 4)

Best time in course: 2:40:52

Rank in category: 2(of 2)

Best time in the category: 2:40:52

Control	Intermediate times							Stage score				Total ranking			
	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	11:19	4:31	2	1:12	4	1:12	2.50	11:19	4:31	2	1:12	3	1:12	
Lap 2	2.50	12:05	4:50	2	1:20	4	1:20	5.00	23:24	4:40	2	2:32	3	2:32	
Lap 3	2.50	12:10	4:51	2	1:09	4	1:09	7.50	35:34	4:44	2	3:41	3	3:41	
Last lap Rad	2.50	12:36	5:02	2	0:41	3	0:41	10.00	48:10	4:48	2	4:22	3	4:22	
Lap 1	0.20	0:23	1:55	2	0:02	2	0:02	10.20	48:33	4:45	2	4:24	3	4:24	
Lap 2	10.00	25:34	2:33	2	3:10	3	3:10	20.20	1:14:07	3:40	2	7:34	3	7:34	
Lap 3	10.00	25:11	2:31	2	2:28	3	2:28	30.20	1:39:18	3:17	2	10:02	3	10:02	
Lap 4	10.00	25:06	2:30	2	1:45	3	1:45	40.20	2:04:24	3:05	2	11:47	3	11:47	
Last lap Rad	10.00	25:59	2:35	2	1:14	3	1:14	50.20	2:30:23	2:59	2	13:01	3	13:01	
Lap 1	0.20	0:35	2:54	2	0:09	3	0:09	50.40	2:30:58	2:59	2	13:10	3	13:10	
Lap 2	2.50	12:35	5:01	2	1:06	4	1:06	52.90	2:43:33	3:05	2	14:16	3	14:16	
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-	
Lauf	2.10	12:20	5:52	2	0:45	3	0:45	55.00	2:55:53	3:11	2	15:01	3	15:01	