



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Anderson, Ian

Club: ESV Eintracht Hameln
Number: 251

Course: 26.40 km
GeißMan (Jedermannrennen) 4,5-19,0-3,0

Category:
AK 3 männlich (40-49 Jahre)

Total time: 1:05:37

Speed: 23.77 km/h
Running performance: 2:29 min/km

Rank in course/Total: 3 (of 29)

Rank in course/Men: 3 (of 19)

Best time in course: 58:21

Rank in category: 1(of 6)

Best time in the category: 1:05:37

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	1.50	5:11	3:27	1	-	5	0:35	1.50	5:11	3:27	1	-	18		
Lap 2	1.50	5:26	3:37	1	-	3	0:45	3.00	10:37	3:32	1	-	18		
Last lap Rad	1.50	6:12	4:08	1	-	4	0:55	4.50	16:49	3:44	1	-	18		
Lap 1	0.20	0:24	2:00	4	0:03	11	0:08	4.70	17:13	3:39	1	-	18		
Lap 2	6.30	12:11	1:56	1	-	9	11:43	11.00	29:24	2:40	1	-	17		
Lap 3	6.30	12:08	1:55	1	-	7	11:40	17.30	41:32	2:24	1	-	17		
Last lap Rad	6.30	12:41	2:00	1	-	7	12:13	23.60	54:13	2:17	1	-	17		
Lap 1	0.20	0:20	1:39	1	-	1	-	23.80	54:33	2:17	1	-	17		
Lap 2	1.50	5:30	3:39	1	-	4	5:02	25.30	1:00:03	2:22	1	-	17		
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-	
Lauf	1.10	5:34	5:03	1	-	3	0:28	26.40	1:05:37	2:29	1	-	4	47:29	