



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

Detailed evaluation

Sachse, Evelyn

Club: Holle  
Number: 42

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

Category:  
AK 3 weiblich (40-49 Jahre)

Total time: 3:03:06

Speed: 18.02 km/h  
Running performance: 3:20 min/km

Rank in course/Total: 40 (of 46)

Rank in course/Women: 4 (of 4)

Best time in course: 2:40:52

Rank in category: 1(of 1)

Best time in the category: 3:03:06

Intermediate times				Stage score				Total ranking						
Control	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	11:07	4:26	1	-	3	1:00	2.50	11:07	4:26	1	-	4	1:00
Lap 2	2.50	11:26	4:34	1	-	3	0:41	5.00	22:33	4:30	1	-	4	1:41
Lap 3	2.50	12:02	4:48	1	-	3	1:01	7.50	34:35	4:36	1	-	4	2:42
Last lap Rad	2.50	13:56	5:34	1	-	4	2:01	10.00	48:31	4:51	1	-	4	4:43
Lap 1	0.20	0:33	2:45	1	-	4	0:12	10.20	49:04	4:48	1	-	4	4:55
Lap 2	10.00	26:31	2:39	1	-	4	4:07	20.20	1:15:35	3:44	1	-	4	9:02
Lap 3	10.00	26:10	2:37	1	-	4	3:27	30.20	1:41:45	3:22	1	-	4	12:29
Lap 4	10.00	27:00	2:42	1	-	4	3:39	40.20	2:08:45	3:12	1	-	4	16:08
Last lap Rad	10.00	28:20	2:49	1	-	4	3:35	50.20	2:37:05	3:07	1	-	4	19:43
Lap 1	0.20	0:36	2:59	1	-	4	0:10	50.40	2:37:41	3:07	1	-	4	19:53
Lap 2	2.50	12:24	4:57	1	-	3	0:55	52.90	2:50:05	3:12	1	-	4	20:48
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	13:01	6:11	1	-	4	1:26	55.00	3:03:06	3:19	1	-	4	22:14