



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

Detailed evaluation

Fritzsche, Lutz

Club: WSV 21 Wolfenbüttel
Number: 17

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

Category:
AK 4 männlich (50-59 Jahre)

Total time: 3:05:56

Speed: 17.75 km/h
Running performance: 3:23 min/km

Rank in course/Total: 41 (of 46)

Rank in course/Men: 37 (of 42)

Best time in course: 2:08:59

Rank in category: 2(of 4)

Best time in the category: 2:44:03

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	11:40	4:39	2	1:41	37	3:43	2.50	11:40	4:39	2	1:41	17	1:38
Lap 2	2.50	12:20	4:56	3	1:45	39	3:56	5.00	24:00	4:47	2	3:26	17	3:52
Lap 3	2.50	12:22	4:56	3	1:31	38	3:44	7.50	36:22	4:50	2	4:57	17	5:33
Last lap Rad	2.50	13:54	5:33	2	1:25	37	4:41	10.00	50:16	5:01	3		17	8:14
Lap 1	0.20	0:21	1:44	2	0:01	7	0:02	10.20	50:37	4:57	2	6:13	17	8:09
Lap 2	10.00	25:10	2:30	2	2:18	33	7:30	20.20	1:15:47	3:45	2	8:31	17	9:19
Lap 3	10.00	25:55	2:35	2	2:38	35	8:14	30.20	1:41:42	3:22	2	11:09	17	10:23
Lap 4	10.00	26:11	2:37	2	2:25	32	7:56	40.20	2:07:53	3:10	2	13:34	17	10:25
Last lap Rad	10.00	28:49	2:52	2	17:56	32	17:56	50.20	2:36:42	3:07	2	31:30	17	9:14
Lap 1	0.20	0:38	3:09	2	0:06	39	0:17	50.40	2:37:20	3:07	2	17:25	17	9:20
Lap 2	2.50	13:54	5:33	3	2:18	39	4:43	52.90	2:51:14	3:14	2	19:43	17	10:20
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	14:42	6:59	3	2:10	39	5:39	55.00	3:05:56	3:22	3	1:39:41	38	1:39:41