



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

Detailed evaluation

Bade, Hans-Henning

Club: MTV FREIHEIT

Number: 2

Course: 55.00 km

HarzMan 10,0-40,0-5,0

Category:

AK 4 männlich (50-59 Jahre)

Total time: 3:12:17

Speed: 17.16 km/h

Running performance: 3:30 min/km

Rank in course/Total: 43 (of 46)

Rank in course/Men: 39 (of 42)

Best time in course: 2:08:59

Rank in category: 3(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	11:55	4:46	3	1:56	39	3:58	2.50	11:55	4:46	3	1:56	19	1:53
Lap 2	2.50	12:07	4:50	2	1:32	37	3:43	5.00	24:02	4:48	3	3:28	19	3:54
Lap 3	2.50	12:17	4:54	2	1:26	37	3:39	7.50	36:19	4:50	3	4:54	19	5:30
Last lap Rad	2.50	13:56	5:34	3	1:27	38	4:43	10.00	50:15	5:01	4		19	8:13
Lap 1	0.20	0:20	1:39	1	-	4	0:01	10.20	50:35	4:57	3	6:11	19	8:07
Lap 2	10.00	27:30	2:45	3	4:38	39	9:50	20.20	1:18:05	3:51	3	10:49	19	11:37
Lap 3	10.00	27:58	2:47	3	4:41	39	10:17	30.20	1:46:03	3:30	3	15:30	19	14:44
Lap 4	10.00	28:27	2:50	3	4:41	39	10:12	40.20	2:14:30	3:20	3	20:11	19	17:02
Last lap Rad	10.00	30:47	3:04	3	19:54	39	19:54	50.20	2:45:17	3:17	3	40:05	19	17:49
Lap 1	0.20	0:32	2:39	1	-	29	0:11	50.40	2:45:49	3:17	3	25:54	19	17:49
Lap 2	2.50	13:15	5:17	2	1:39	37	4:04	52.90	2:59:04	3:23	3	27:33	19	18:10
Last lap Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	13:13	6:17	2	0:41	37	4:10	55.00	3:12:17	3:29	4	1:46:02	40	1:46:02