



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

Ragoß, Daniel

Club: NSV Wernigerode
Number: 286

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

Category:
AK 1 männlich (20-29 Jahre)

Total time: 1:06:14

Speed: 23.55 km/h
Running performance: 2:31 min/km

Rank in course/Total: 4 (of 29)

Rank in course/Men: 4 (of 19)

Best time in course: 58:21

Rank in category: 1(of 5)

Best time in the category: 1:06:14

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	5:17	3:31	2	0:08	6	0:41	1.50	5:17	3:31	1	-	17		
Lap 2	1.50	5:53	3:55	1	-	8	1:12	3.00	11:10	3:43	1	-	17	0:02	
Last lap Rad	1.50	6:38	4:25	1	-	9	1:21	4.50	17:48	3:57	1	-	17	0:35	
Lap 1	0.20	0:21	1:44	3	0:04	5	0:05	4.70	18:09	3:51	1	-	10	0:32	
Lap 2	6.30	11:29	1:49	3	0:42	7	11:01	11.00	29:38	2:41	1	-	16		
Lap 3	6.30	11:53	1:53	1	-	6	11:25	17.30	41:31	2:23	1	-	16		
Last lap Rad	6.30	12:26	1:58	2	0:19	6	11:58	23.60	53:57	2:17	1	-	16		
Lap 1	0.20	0:22	1:49	1	-	2	0:02	23.80	54:19	2:16	1	-	16		
Lap 2	1.50	5:57	3:58	1	-	5	5:29	25.30	1:00:16	2:22	1	-	15		
Last lap Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-	
Lauf	1.10	5:58	5:25	1	-	4	0:52	26.40	1:06:14	2:30	1	-	5	48:06	