



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

Detailed evaluation

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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: 23.92 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 | |