



# 5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

0000

Hartung, Rene

00: Harz Racing e.V.

00: 263

00: 26.40 km

GeißMan (Jedermannrennen) 4,5-19,0-3,0

0000:

AK 2 männlich (30-39 Jahre)

000: 1:06:27

00: 23.48 km/h

0000: 2:31 min/km

00000/000: 5 (of 29)

00000/0: 5 (of 19)

000000: 58:21

00000: 1(of 2)

0000000: 1:06:27

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	1.50	5:32	3:41	1	-	13	0:56	1.50	5:32	3:41	1	-	16	0:11
00 2	1.50	6:08	4:05	1	-	12	1:27	3.00	11:40	3:53	1	-	16	0:32
000 Rad	1.50	6:56	4:37	1	-	11	1:39	4.50	18:36	4:08	1	-	16	1:23
00 1	0.20	0:16	1:19	1	-	1	-	4.70	18:52	4:00	1	-	16	1:15
00 2	6.30	10:55	1:43	1	-	4	10:27	11.00	29:47	2:42	1	-	15	
00 3	6.30	11:23	1:48	1	-	4	10:55	17.30	41:10	2:22	1	-	15	
000 Rad	6.30	12:10	1:55	1	-	5	11:42	23.60	53:20	2:15	1	-	15	
00 1	0.20	0:25	2:05	1	-	6	0:05	23.80	53:45	2:15	1	-	15	
00 2	1.50	6:31	4:20	1	-	10	6:03	25.30	1:00:16	2:22	1	-	15	
000 Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	6:11	5:37	1	-	6	1:05	26.40	1:06:27	2:31	1	-	6	48:19