



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

0000

SV Nordhausen 90

00: SV Nordhausen 90

00: 222

00: 26.40 km

Harz- Staffel 4,5-19,0-3,0

0000:

Männer-Staffel

000: 1:09:22

00: 22.49 km/h

0000: 2:38 min/km

00000/000: 1 (of 2)

00000/0: 1 (of 1)

000000: 1:09:22

00000: 1(of 1)

0000000: 1:09:22

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0000

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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	5:05	3:23	1	-	1	-	1.50	5:05	3:23	1	-	1	-
00 2	1.50	5:48	3:52	1	-	1	-	3.00	10:53	3:37	1	-	1	-
000 Rad	1.50	6:15	4:10	1	-	1	-	4.50	17:08	3:48	1	-	1	-
00 1	0.20	0:23	1:55	1	-	1	-	4.70	17:31	3:43	1	-	1	-
00 2	6.30	12:13	1:56	1	-	1	-	11.00	29:44	2:42	1	-	1	-
00 3	6.30	13:31	2:08	1	-	1	-	17.30	43:15	2:30	1	-	1	-
000 Rad	6.30	14:01	2:13	1	-	1	-	23.60	57:16	2:25	1	-	1	-
00 1	0.20	0:22	1:49	1	-	1	-	23.80	57:38	2:25	1	-	1	-
00 2	1.50	5:31	3:40	1	-	1	-	25.30	1:03:09	2:29	1	-	1	-
000 Lauf	1.10	6:13	5:39	1	-	1	-	26.40	1:09:22	2:37	1	-	1	-