



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

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Ski Club Hohegeiß

00: Ski Club Hohegeiß

00: 217

00: 26.40 km

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

0000:

Mixed-Staffel

000: 1:10:25

00: 22.15 km/h

0000: 2:40 min/km

00000/000: 2 (of 2)

00000/000: 1 (of 1)

000000: 1:10:25

00000: 1(of 1)

0000000: 1:10:25

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
00 1	1.50	6:34	4:22	1	-	1	-	1.50	6:34	4:22	1	-	1	-
00 2	1.50	7:11	4:47	1	-	1	-	3.00	13:45	4:34	1	-	1	-
000 Rad	1.50	7:37	5:04	1	-	1	-	4.50	21:22	4:44	1	-	1	-
00 1	0.20	0:18	1:29	1	-	1	-	4.70	21:40	4:36	1	-	1	-
00 2	6.30	11:10	1:46	1	-	1	-	11.00	32:50	2:59	1	-	1	-
00 3	6.30	11:16	1:47	1	-	1	-	17.30	44:06	2:32	1	-	1	-
000 Rad	6.30	11:30	1:49	1	-	1	-	23.60	55:36	2:21	1	-	1	-
00 1	0.20	0:23	1:55	1	-	1	-	23.80	55:59	2:21	1	-	1	-
00 2	1.50	7:12	4:47	1	-	1	-	25.30	1:03:11	2:29	1	-	1	-
000 Lauf	1.10	7:14	6:34	1	-	1	-	26.40	1:10:25	2:40	1	-	1	-