



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
 Hohegeiß / 06.05.2012

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Fege, Saskia

□□: Arithnea ASK München

□□: 256

□□: 26.40 km

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

□□□□:

AK 1 weiblich (20-29 Jahre)

□□□: 1:17:18

□□: 20.18 km/h

□□□□: 2:56 min/km

□□□□□/□□□: 12 (of 29)

□□□□□/□: 1 (of 10)

□□□□□□: 1:17:18

□□□□□: 1(of 2)

□□□□□□□: 1:17:18

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	1.50	5:46	3:50	1	-	1	-	1.50	5:46	3:50	1	-	1	-
□□ 2	1.50	6:16	4:10	1	-	1	-	3.00	12:02	4:00	1	-	1	-
□□□ Rad	1.50	7:24	4:56	1	-	1	-	4.50	19:26	4:19	1	-	1	-
□□ 1	0.20	0:25	2:05	2	0:01	3	0:02	4.70	19:51	4:13	1	-	1	-
□□ 2	6.30	14:24	2:17	1	-	1	-	11.00	34:15	3:06	1	-	1	-
□□ 3	6.30	14:11	2:15	1	-	1	-	17.30	48:26	2:47	1	-	1	-
□□□ Rad	6.30	14:37	2:19	1	-	1	-	23.60	1:03:03	2:40	1	-	1	-
□□ 1	0.20	0:28	2:19	1	-	1	-	23.80	1:03:31	2:40	1	-	1	-
□□ 2	1.50	6:27	4:17	1	-	1	-	25.30	1:09:58	2:45	1	-	1	-
□□□ Penalty	-	1:00	-	1	-	1	-	25.30	1:10:58	-	2	1:10:58	2	1:10:58
Lauf	1.10	6:20	5:45	1	-	1	-	26.40	1:17:18	2:55	1	-	2	1:17:18