



# 5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

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Günther, Jonas

□□□: 1:22:42

□□: Skiklub Hohegeiß

□□: 18.86 km/h

□□: 279

□□□□: 3:08 min/km

□□: 26.40 km

□□□□□/□□□: 14 (of 29)

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

□□□□□/□: 13 (of 19)

□□□□□□: 58:21

□□□□:

□□□□□: 4(of 5)

AK 1 männlich (20-29 Jahre)

□□□□□□□: 1:06:14

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□□□□

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| □□□         | □□   | □□     | □□     | □□ | □□   | □□ | □□    | □□□   | □□□     | □□□    | □□ | □□    | □□ | □□      |
|-------------|------|--------|--------|----|------|----|-------|-------|---------|--------|----|-------|----|---------|
|             | km   | □□     | min/km | -  | -    | □  | □     | km    | □□      | min/km | -  | -     | □  | □       |
| □□ 1        | 1.50 | 5:30   | 3:39   | 4  | 0:21 | 12 | 0:54  | 1.50  | 5:30    | 3:39   | 4  | 0:13  | 7  | 0:09    |
| □□ 2        | 1.50 | 6:35   | 4:23   | 4  | 0:42 | 14 | 1:54  | 3.00  | 12:05   | 4:01   | 4  | 0:55  | 7  | 0:57    |
| □□□ Rad     | 1.50 | 7:56   | 5:17   | 4  | 1:18 | 14 | 2:39  | 4.50  | 20:01   | 4:26   | 4  | 2:13  | 7  | 2:48    |
| □□ 1        | 0.20 | 0:26   | 2:09   | 5  | 0:09 | 13 | 0:10  | 4.70  | 20:27   | 4:21   | 4  | 2:18  | 7  | 2:50    |
| □□ 2        | 6.30 | 13:37  | 2:09   | 4  | 2:50 | 10 | 13:09 | 11.00 | 34:04   | 3:05   | 4  | 4:26  | 7  | 1:17    |
| □□ 3        | 6.30 | 17:05  | 2:42   | 5  | 5:12 | 19 | 16:37 | 17.30 | 51:09   | 2:57   | 4  | 9:38  | 7  | 3:27    |
| □□□ Rad     | 6.30 | 16:10  | 2:33   | 4  | 4:03 | 17 | 15:42 | 23.60 | 1:07:19 | 2:51   | 4  | 13:22 | 7  | 4:07    |
| □□ 1        | 0.20 | 0:25   | 2:05   | 2  | 0:03 | 6  | 0:05  | 23.80 | 1:07:44 | 2:50   | 4  | 13:25 | 7  | 4:06    |
| □□ 2        | 1.50 | 7:27   | 4:58   | 5  | 1:30 | 16 | 6:59  | 25.30 | 1:15:11 | 2:58   | 4  | 14:55 | 7  | 5:25    |
| □□□ Penalty | -    | fehlt! | -      | -  | -    | -  | -     | 25.30 | -       | -      | -  | -     | -  | -       |
| Lauf        | 1.10 | 7:31   | 6:49   | 5  | 1:33 | 15 | 2:25  | 26.40 | 1:22:42 | 3:07   | 4  | 16:28 | 14 | 1:04:34 |