



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

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Wrobel, Dennis

□□: Lsv Triathlon

□□: 277

□□: 26.40 km

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

□□□□:

AK 2 männlich (30-39 Jahre)

□□□: 1:26:12

□□: 18.10 km/h

□□□□: 3:16 min/km

□□□□□/□□□: 20 (of 29)

□□□□□/□: 17 (of 19)

□□□□□□: 58:21

□□□□□: 2(of 2)

□□□□□□□: 1:06:27

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□□□□

□□□

| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1        | 1.50     | 6:56     | 4:37         | 2       | 1:24    | 18      | 2:20    | 1.50  | 6:56      | 4:37      | 2             | 1:24    | 3       | 1:35    |         |
| □□ 2        | 1.50     | 7:26     | 4:57         | 2       | 1:18    | 18      | 2:45    | 3.00  | 14:22     | 4:47      | 2             | 2:42    | 3       | 3:14    |         |
| □□□ Rad     | 1.50     | 8:15     | 5:30         | 2       | 1:19    | 16      | 2:58    | 4.50  | 22:37     | 5:01      | 2             | 4:01    | 3       | 5:24    |         |
| □□ 1        | 0.20     | 0:26     | 2:09         | 2       | 0:10    | 13      | 0:10    | 4.70  | 23:03     | 4:54      | 2             | 4:11    | 3       | 5:26    |         |
| □□ 2        | 6.30     | 14:43    | 2:20         | 2       | 3:48    | 16      | 14:15   | 11.00 | 37:46     | 3:25      | 2             | 7:59    | 3       | 4:59    |         |
| □□ 3        | 6.30     | 15:13    | 2:24         | 2       | 3:50    | 18      | 14:45   | 17.30 | 52:59     | 3:03      | 2             | 11:49   | 3       | 5:17    |         |
| □□□ Rad     | 6.30     | 15:55    | 2:31         | 2       | 3:45    | 13      | 15:27   | 23.60 | 1:08:54   | 2:55      | 2             | 15:34   | 3       | 5:42    |         |
| □□ 1        | 0.20     | 0:34     | 2:49         | 2       | 0:09    | 17      | 0:14    | 23.80 | 1:09:28   | 2:55      | 2             | 15:43   | 3       | 5:50    |         |
| □□ 2        | 1.50     | 8:05     | 5:23         | 2       | 1:34    | 18      | 7:37    | 25.30 | 1:17:33   | 3:03      | 2             | 17:17   | 3       | 7:47    |         |
| □□□ Penalty | -        | fehlt!   | -            | -       | -       | -       | -       | 25.30 | -         | -         | -             | -       | -       | -       |         |
| Lauf        | 1.10     | 8:39     | 7:51         | 2       | 2:28    | 18      | 3:33    | 26.40 | 1:26:12   | 3:15      | 2             | 19:45   | 18      | 1:08:04 |         |