



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

0000

Beckert, Sabine

00: MTV Förste e.V.

00: 254

00: 26.40 km

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

0000:

AK 3 weiblich (40-49 Jahre)

000: 1:38:32

00: 15.83 km/h

0000: 3:44 min/km

00000/000: 24 (of 29)

00000/0: 6 (of 10)

000000: 1:17:18

00000: 4(of 7)

0000000: 1:23:33

0000

0000

000

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	7:58	5:18	6	1:28	8	2:12	1.50	7:58	5:18	4	1:28	6	2:12
00 2	1.50	8:29	5:39	6	1:27	9	2:13	3.00	16:27	5:29	4	2:52	6	4:25
000 Rad	1.50	9:41	6:27	5	1:37	7	2:17	4.50	26:08	5:48	4	4:29	6	6:42
00 1	0.20	0:28	2:19	4	0:05	6	0:05	4.70	26:36	5:39	4	4:34	6	6:45
00 2	6.30	17:25	2:45	4	2:30	6	3:01	11.00	44:01	4:00	4	7:04	6	9:46
00 3	6.30	17:17	2:44	4	2:14	6	3:06	17.30	1:01:18	3:32	4	9:18	6	12:52
000 Rad	6.30	18:38	2:57	4	2:19	6	4:01	23.60	1:19:56	3:23	4	11:37	6	16:53
00 1	0.20	0:37	3:05	6	0:08	9	0:09	23.80	1:20:33	3:23	4	11:45	6	17:02
00 2	1.50	9:03	6:02	6	1:48	9	2:36	25.30	1:29:36	3:32	4	13:18	6	19:38
000 Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	8:56	8:07	6	1:47	9	2:36	26.40	1:38:32	3:43	5	1:38:32	7	1:38:32