



# 5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

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**Geher, Sabine**

00: TSV Heiligenrode  
00: 258

00: 26.40 km  
GeißMan (Jedermannrennen) 4,5-19,0-3,0

0000:  
AK 4 weiblich (50-59 Jahre)

000: 1:42:30

00: 15.22 km/h  
0000: 3:53 min/km

00000/0000: 27 (of 29)

00000/0: 9 (of 10)

000000: 1:17:18

00000: 1(of 1)

0000000: 1:42:30

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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	7:59	5:19	1	-	9	2:13	1.50	7:59	5:19	1	-	9	2:13
00 2	1.50	8:22	5:34	1	-	8	2:06	3.00	16:21	5:27	1	-	9	4:19
000 Rad	1.50	9:55	6:36	1	-	8	2:31	4.50	26:16	5:50	1	-	9	6:50
00 1	0.20	0:32	2:39	1	-	7	0:09	4.70	26:48	5:42	1	-	9	6:57
00 2	6.30	18:53	2:59	1	-	9	4:29	11.00	45:41	4:09	1	-	9	11:26
00 3	6.30	19:02	3:01	1	-	8	4:51	17.30	1:04:43	3:44	1	-	9	16:17
000 Rad	6.30	20:13	3:12	1	-	7	5:36	23.60	1:24:56	3:35	1	-	9	21:53
00 1	0.20	0:33	2:45	1	-	6	0:05	23.80	1:25:29	3:35	1	-	9	21:58
00 2	1.50	8:35	5:43	1	-	8	2:08	25.30	1:34:04	3:43	1	-	9	24:06
000 Penalty	-	fehlt!	-	-	-	-	-	25.30	-	-	-	-	-	-
Lauf	1.10	8:26	7:39	1	-	8	2:06	26.40	1:42:30	3:52	1	-	10	1:42:30