



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

0000

Fahrenholz, Philipp

00: LC Hansa Stuhr

00: 13

00: 55.00 km

HarzMan 10,0-40,0-5,0

0000:

AK 1 männlich (20-29 Jahre)

000: 2:08:59

00: 25.58 km/h

0000: 2:21 min/km

00000/000: 1 (of 46)

00000/0: 1 (of 42)

000000: 2:08:59

00000: 1(of 6)

0000000: 2:08:59

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 | 2.50 | 8:12 | 3:16 | 1 | - | 3 | 0:15 | 2.50 | 8:12 | 3:16 | 1 | - | 32 | |
| 00 2 | 2.50 | 8:38 | 3:27 | 1 | - | 2 | 0:14 | 5.00 | 16:50 | 3:21 | 1 | - | 23 | |
| 00 3 | 2.50 | 9:05 | 3:38 | 2 | 0:02 | 4 | 0:27 | 7.50 | 25:55 | 3:27 | 1 | - | 32 | |
| 000 Rad | 2.50 | 9:24 | 3:45 | 1 | - | 2 | 0:11 | 10.00 | 35:19 | 3:31 | 1 | - | 23 | |
| 00 1 | 0.20 | 0:23 | 1:55 | 3 | 0:02 | 16 | 0:04 | 10.20 | 35:42 | 3:30 | 1 | - | 32 | |
| 00 2 | 10.00 | 17:40 | 1:46 | 1 | - | 1 | - | 20.20 | 53:22 | 2:38 | 1 | - | 32 | |
| 00 3 | 10.00 | 17:41 | 1:46 | 1 | - | 1 | - | 30.20 | 1:11:03 | 2:21 | 1 | - | 32 | |
| 00 4 | 10.00 | 18:15 | 1:49 | 1 | - | 1 | - | 40.20 | 1:29:18 | 2:13 | 1 | - | 32 | |
| 000 Rad | 10.00 | 19:16 | 1:55 | 1 | - | 2 | 8:23 | 50.20 | 1:48:34 | 2:09 | 1 | - | 32 | |
| 00 1 | 0.20 | 0:25 | 2:05 | 3 | 0:03 | 6 | 0:04 | 50.40 | 1:48:59 | 2:09 | 1 | - | 32 | |
| 00 2 | 2.50 | 9:48 | 3:55 | 3 | 0:31 | 5 | 0:37 | 52.90 | 1:58:47 | 2:14 | 1 | - | 32 | |
| 000 Penalty | - | fehlt! | - | - | - | - | - | 52.90 | - | - | - | - | - | - |
| Lauf | 2.10 | 10:12 | 4:51 | 3 | 1:09 | 8 | 1:09 | 55.00 | 2:08:59 | 2:20 | 1 | - | 2 | 42:44 |