



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
 Hohegeiß / 06.05.2012

□□□□

Fahrenholz, Philipp

□□: LC Hansa Stuhr  
 □□: 13

□□: 55.00 km  
 HarzMan 10,0-40,0-5,0

□□□□:  
 AK 1 männlich (20-29 Jahre)

□□□: 2:08:59

□□: 25.58 km/h  
 □□□□: 2:21 min/km

□□□□□/□□□: 1 (of 46)

□□□□□/□: 1 (of 42)

□□□□□□: 2:08:59

□□□□□: 1(of 6)

□□□□□□□: 2:08:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	8:12	3:16	1	-	3	0:15	2.50	8:12	3:16	1	-	32	
□□ 2	2.50	8:38	3:27	1	-	2	0:14	5.00	16:50	3:21	1	-	23	
□□ 3	2.50	9:05	3:38	2	0:02	4	0:27	7.50	25:55	3:27	1	-	32	
□□□ Rad	2.50	9:24	3:45	1	-	2	0:11	10.00	35:19	3:31	1	-	23	
□□ 1	0.20	0:23	1:55	3	0:02	16	0:04	10.20	35:42	3:30	1	-	32	
□□ 2	10.00	17:40	1:46	1	-	1	-	20.20	53:22	2:38	1	-	32	
□□ 3	10.00	17:41	1:46	1	-	1	-	30.20	1:11:03	2:21	1	-	32	
□□ 4	10.00	18:15	1:49	1	-	1	-	40.20	1:29:18	2:13	1	-	32	
□□□ Rad	10.00	19:16	1:55	1	-	2	8:23	50.20	1:48:34	2:09	1	-	32	
□□ 1	0.20	0:25	2:05	3	0:03	6	0:04	50.40	1:48:59	2:09	1	-	32	
□□ 2	2.50	9:48	3:55	3	0:31	5	0:37	52.90	1:58:47	2:14	1	-	32	
□□□ 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