



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

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Scholze, Alexander

□□□: 2:19:54

□□: Triathlon Jena e.V.

□□: 23.59 km/h

□□: 46

□□□□: 2:32 min/km

□□: 55.00 km

□□□□□/□□□: 2 (of 46)

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

□□□□□/□: 2 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 1(of 14)

AK 2 männlich (30-39 Jahre)

□□□□□□□: 2:19:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	8:10	3:15	2	0:13	2	0:13	2.50	8:10	3:15	1	-	23	
□□ 2	2.50	8:40	3:27	2	0:16	3	0:16	5.00	16:50	3:21	1	-	23	
□□ 3	2.50	9:04	3:37	2	0:26	3	0:26	7.50	25:54	3:27	1	-	23	
□□□ Rad	2.50	9:55	3:57	2	0:42	3	0:42	10.00	35:49	3:34	1	-	24	
□□ 1	0.20	0:25	2:05	9	0:06	21	0:06	10.20	36:14	3:33	1	-	23	
□□ 2	10.00	20:47	2:04	4	1:06	7	3:07	20.20	57:01	2:49	1	-	23	
□□ 3	10.00	21:04	2:06	4	1:15	7	3:23	30.20	1:18:05	2:35	1	-	23	
□□ 4	10.00	20:58	2:05	1	-	4	2:43	40.20	1:39:03	2:27	1	-	23	
□□□ Rad	10.00	21:59	2:11	2	0:07	5	11:06	50.20	2:01:02	2:24	1	-	23	
□□ 1	0.20	0:23	1:55	1	-	3	0:02	50.40	2:01:25	2:24	1	-	23	
□□ 2	2.50	9:11	3:40	1	-	1	-	52.90	2:10:36	2:28	1	-	23	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	9:18	4:25	2	0:12	3	0:15	55.00	2:19:54	2:32	1	-	3	53:39