



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

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Theilmann, Oliver

□□□: 2:22:28

□□: 1. TCO die Bären

□□: 23.16 km/h

□□: 49

□□□□: 2:35 min/km

□□: 55.00 km

□□□□□/□□□: 3 (of 46)

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

□□□□□/□: 3 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 2(of 14)

AK 2 männlich (30-39 Jahre)

□□□□□□□: 2:19:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	7:57	3:10	1	-	1	-	2.50	7:57	3:10	2	-	24	
□□ 2	2.50	8:24	3:21	1	-	1	-	5.00	16:21	3:16	2	-	24	
□□ 3	2.50	8:38	3:27	1	-	1	-	7.50	24:59	3:19	2	-	24	
□□□ Rad	2.50	9:13	3:41	1	-	1	-	10.00	34:12	3:25	2	-	25	
□□ 1	0.20	0:19	1:34	1	-	1	-	10.20	34:31	3:23	2	-	24	
□□ 2	10.00	19:41	1:58	1	-	2	2:01	20.20	54:12	2:40	2	-	24	
□□ 3	10.00	19:49	1:58	1	-	2	2:08	30.20	1:14:01	2:27	2	-	24	
□□ 4	10.00	21:32	2:09	4	0:34	8	3:17	40.20	1:35:33	2:22	2	-	24	
□□□ Rad	10.00	24:28	2:26	7	2:36	17	13:35	50.20	2:00:01	2:23	2	-	24	
□□ 1	0.20	0:36	2:59	14	0:13	37	0:15	50.40	2:00:37	2:23	2	-	24	
□□ 2	2.50	11:41	4:40	10	2:30	25	2:30	52.90	2:12:18	2:30	2	1:42	24	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	10:10	4:50	4	1:04	6	1:07	55.00	2:22:28	2:35	2	2:34	4	56:13