



# 5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

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Morgenstern, Dennis

□□: SV 90 Nordhausen

□□: 57

□□: 55.00 km

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

□□□□:

AK 1 männlich (20-29 Jahre)

□□□: 2:22:51

□□: 23.10 km/h

□□□□: 2:36 min/km

□□□□□/□□□□: 5 (of 46)

□□□□□/□: 5 (of 42)

□□□□□□: 2:08:59

□□□□□: 2(of 6)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:18	3:43	3	1:06	10	1:21	2.50	9:18	3:43	2	1:06	26	
□□ 2	2.50	9:31	3:48	3	0:53	9	1:07	5.00	18:49	3:45	2	1:59	26	
□□ 3	2.50	9:39	3:51	3	0:36	8	1:01	7.50	28:28	3:47	2	2:33	22	
□□□ Rad	2.50	10:27	4:10	2	1:03	6	1:14	10.00	38:55	3:53	2	3:36	27	
□□ 1	0.20	0:21	1:44	1	-	7	0:02	10.20	39:16	3:50	2	3:34	26	
□□ 2	10.00	19:47	1:58	2	2:07	3	2:07	20.20	59:03	2:55	2	5:41	26	
□□ 3	10.00	20:23	2:02	2	2:42	3	2:42	30.20	1:19:26	2:37	2	8:23	26	
□□ 4	10.00	20:56	2:05	2	2:41	3	2:41	40.20	1:40:22	2:29	2	11:04	26	
□□□ Rad	10.00	22:30	2:15	2	3:14	7	11:37	50.20	2:02:52	2:26	2	14:18	26	
□□ 1	0.20	0:23	1:55	2	0:01	3	0:02	50.40	2:03:15	2:26	2	14:16	26	
□□ 2	2.50	9:46	3:54	2	0:29	4	0:35	52.90	2:13:01	2:30	2	14:14	26	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	9:50	4:40	2	0:47	4	0:47	55.00	2:22:51	2:35	2	13:52	6	56:36