



# 5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

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**Reckemeier, Andreas**

□□□: 2:24:58

□□: ESV Eintracht Hameln

□□: 22.76 km/h

□□: 41

□□□□: 2:38 min/km

□□: 55.00 km

□□□□□/□□□: 6 (of 46)

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

□□□□□/□: 6 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 1(of 15)

AK 3 männlich (40-49 Jahre)

□□□□□□□: 2:24:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:21	3:44	3	0:35	11	1:24	2.50	9:21	3:44	1	-	27	
□□ 2	2.50	9:39	3:51	3	0:18	11	1:15	5.00	19:00	3:47	1	-	27	
□□ 3	2.50	9:46	3:54	3	0:12	10	1:08	7.50	28:46	3:50	1	-	27	
□□□ Rad	2.50	10:10	4:03	1	-	4	0:57	10.00	38:56	3:53	1	-	28	
□□ 1	0.20	0:53	4:24	15	0:32	41	0:34	10.20	39:49	3:54	1	-	27	
□□ 2	10.00	20:41	2:04	1	-	6	3:01	20.20	1:00:30	2:59	1	-	27	
□□ 3	10.00	20:43	2:04	1	-	4	3:02	30.20	1:21:13	2:41	1	-	27	
□□ 4	10.00	20:34	2:03	1	-	2	2:19	40.20	1:41:47	2:31	1	-	27	
□□□ Rad	10.00	21:42	2:10	1	-	3	10:49	50.20	2:03:29	2:27	1	-	27	
□□ 1	0.20	0:48	4:00	15	0:27	40	0:27	50.40	2:04:17	2:27	1	-	27	
□□ 2	2.50	10:29	4:11	2	0:18	9	1:18	52.90	2:14:46	2:32	1	-	27	
□□□ Penalty	-	-	-	2		3		52.90	2:14:46	-	2	2:14:46	3	2:14:46
Lauf	2.10	10:12	4:51	2	0:01	8	1:09	55.00	2:24:58	2:38	1	-	7	58:43