



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
 Hohegeiß / 06.05.2012

□□□□

Lübke, Thorsten

□□□: 2:29:42

□□: TuS Celle 92

□□: 22.04 km/h

□□: 35

□□□□: 2:43 min/km

□□: 55.00 km

□□□□□/□□□: 10 (of 46)

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

□□□□□/□: 10 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 3(of 15)

AK 3 männlich (40-49 Jahre)

□□□□□□□: 2:24:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:48	3:55	6	1:02	17	1:51	2.50	9:48	3:55	3	0:27	31	
□□ 2	2.50	9:58	3:59	5	0:37	16	1:34	5.00	19:46	3:57	3	0:46	31	
□□ 3	2.50	10:01	4:00	5	0:27	15	1:23	7.50	29:47	3:58	3	1:01	31	
□□□ Rad	2.50	11:07	4:26	4	0:57	14	1:54	10.00	40:54	4:05	3	1:58	32	
□□ 1	0.20	0:22	1:49	2	0:01	12	0:03	10.20	41:16	4:02	3	1:27	31	
□□ 2	10.00	21:11	2:07	3	0:30	10	3:31	20.20	1:02:27	3:05	3	1:57	31	
□□ 3	10.00	21:17	2:07	3	0:34	10	3:36	30.20	1:23:44	2:46	3	2:31	31	
□□ 4	10.00	21:42	2:10	3	1:08	10	3:27	40.20	1:45:26	2:37	3	3:39	31	
□□□ Rad	10.00	22:41	2:16	3	0:59	10	11:48	50.20	2:08:07	2:33	3	4:38	31	
□□ 1	0.20	0:30	2:30	6	0:09	24	0:09	50.40	2:08:37	2:33	3	4:20	31	
□□ 2	2.50	10:45	4:17	4	0:34	12	1:34	52.90	2:19:22	2:38	3	4:36	31	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	
Lauf	2.10	10:20	4:55	4	0:09	11	1:17	55.00	2:29:42	2:43	3	4:44	11 1:03:27	