



# 5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

□□□□

Lehniger, Tino

□□: Marburg

□□: 33

□□: 55.00 km

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

□□□□:

AK 2 männlich (30-39 Jahre)

□□□: 2:31:11

□□: 21.83 km/h

□□□□: 2:45 min/km

□□□□□/□□□: 11 (of 46)

□□□□□/□: 11 (of 42)

□□□□□□: 2:08:59

□□□□□: 5(of 14)

□□□□□□□: 2:19:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:10	3:39	5	1:13	9	1:13	2.50	9:10	3:39	5	1:00	22	
□□ 2	2.50	9:38	3:51	5	1:14	10	1:14	5.00	18:48	3:45	5	1:58	22	
□□ 3	2.50	9:40	3:51	4	1:02	9	1:02	7.50	28:28	3:47	5	2:34	22	
□□□ Rad	2.50	11:04	4:25	5	1:51	12	1:51	10.00	39:32	3:57	5	3:43	22	
□□ 1	0.20	0:22	1:49	7	0:03	12	0:03	10.20	39:54	3:54	5	3:40	22	
□□ 2	10.00	21:45	2:10	7	2:04	14	4:05	20.20	1:01:39	3:03	5	4:38	22	
□□ 3	10.00	22:19	2:13	7	2:30	14	4:38	30.20	1:23:58	2:46	5	5:53	22	
□□ 4	10.00	22:32	2:15	7	1:34	14	4:17	40.20	1:46:30	2:38	5	7:27	22	
□□□ Rad	10.00	23:49	2:22	6	1:57	14	12:56	50.20	2:10:19	2:35	5	9:17	22	
□□ 1	0.20	0:26	2:09	4	0:03	8	0:05	50.40	2:10:45	2:35	5	9:20	22	
□□ 2	2.50	10:20	4:08	4	1:09	8	1:09	52.90	2:21:05	2:40	5	10:29	22	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	10:06	4:48	3	1:00	5	1:03	55.00	2:31:11	2:44	5	11:17	12	1:04:56