



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

□□□□

Ott, Martin

□□: TSV Schwarme

□□: 61

□□: 55.00 km

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

□□□□:

AK 2 männlich (30-39 Jahre)

□□□: 2:33:17

□□: 21.53 km/h

□□□□: 2:47 min/km

□□□□□/□□□: 13 (of 46)

□□□□□/□: 13 (of 42)

□□□□□□: 2:08:59

□□□□□: 7(of 14)

□□□□□□□: 2:19:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:04	4:01	12	2:07	27	2:07	2.50	10:04	4:01	7	1:54	34	0:02	
□□ 2	2.50	10:31	4:12	10	2:07	22	2:07	5.00	20:35	4:06	7	3:45	34	0:27	
□□ 3	2.50	10:52	4:20	11	2:14	28	2:14	7.50	31:27	4:11	7	5:33	34	0:38	
□□□ Rad	2.50	12:34	5:01	11	3:21	30	3:21	10.00	44:01	4:24	7	8:12	35	1:59	
□□ 1	0.20	0:21	1:44	6	0:02	7	0:02	10.20	44:22	4:20	7	8:08	34	1:54	
□□ 2	10.00	20:32	2:03	2	0:51	4	2:52	20.20	1:04:54	3:12	7	7:53	34		
□□ 3	10.00	21:00	2:06	3	1:11	6	3:19	30.20	1:25:54	2:50	7	7:49	34		
□□ 4	10.00	21:40	2:10	5	0:42	9	3:25	40.20	1:47:34	2:40	7	8:31	34		
□□□ Rad	10.00	22:36	2:15	4	0:44	9	11:43	50.20	2:10:10	2:35	7	9:08	34		
□□ 1	0.20	0:26	2:09	4	0:03	8	0:05	50.40	2:10:36	2:35	7	9:11	34		
□□ 2	2.50	11:01	4:24	7	1:50	16	1:50	52.90	2:21:37	2:40	7	11:01	34		
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-	-
Lauf	2.10	11:40	5:33	10	2:34	24	2:37	55.00	2:33:17	2:47	7	13:23	14	1:07:02	