



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

□□□□

Meene, Florian

□□□: 2:36:51

□□: Soltauer Sportclub

□□: 21.04 km/h

□□: 59

□□□□: 2:51 min/km

□□: 55.00 km

□□□□□/□□□: 14 (of 46)

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

□□□□□/□: 14 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 8(of 14)

AK 2 männlich (30-39 Jahre)

□□□□□□□: 2:19:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	8:56	3:34	4	0:59	6	0:59	2.50	8:56	3:34	8	0:46	35	
□□ 2	2.50	9:30	3:47	4	1:06	8	1:06	5.00	18:26	3:41	8	1:36	35	
□□ 3	2.50	9:49	3:55	5	1:11	12	1:11	7.50	28:15	3:46	8	2:21	35	
□□□ Rad	2.50	11:05	4:26	6	1:52	13	1:52	10.00	39:20	3:56	8	3:31	36	
□□ 1	0.20	0:24	2:00	8	0:05	17	0:05	10.20	39:44	3:53	8	3:30	35	
□□ 2	10.00	22:46	2:16	10	3:05	21	5:06	20.20	1:02:30	3:05	8	5:29	35	
□□ 3	10.00	23:11	2:19	10	3:22	19	5:30	30.20	1:25:41	2:50	8	7:36	35	
□□ 4	10.00	23:43	2:22	10	2:45	21	5:28	40.20	1:49:24	2:43	8	10:21	35	
□□□ Rad	10.00	25:15	2:31	9	3:23	20	14:22	50.20	2:14:39	2:40	8	13:37	35	
□□ 1	0.20	0:26	2:09	4	0:03	8	0:05	50.40	2:15:05	2:40	8	13:40	35	
□□ 2	2.50	10:36	4:14	5	1:25	10	1:25	52.90	2:25:41	2:45	8	15:05	35	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:10	5:19	7	2:04	18	2:07	55.00	2:36:51	2:51	8	16:57	15	1:10:36