



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

□□□□

Stock, Peter

□□: Universalteam Heere

□□: 48

□□: 55.00 km

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

□□□□:

AK 3 männlich (40-49 Jahre)

□□□: 2:37:48

□□: 20.91 km/h

□□□□: 2:52 min/km

□□□□□/□□□: 15 (of 46)

□□□□□/□: 15 (of 42)

□□□□□□: 2:08:59

□□□□□: 4(of 15)

□□□□□□□: 2:24:58

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 2.50 | 9:07 | 3:38 | 2 | 0:21 | 8 | 1:10 | 2.50 | 9:07 | 3:38 | 4 | - | - | 36 | |
| □□ 2 | 2.50 | 9:28 | 3:47 | 2 | 0:07 | 7 | 1:04 | 5.00 | 18:35 | 3:42 | 4 | - | - | 36 | |
| □□ 3 | 2.50 | 9:34 | 3:49 | 1 | - | 6 | 0:56 | 7.50 | 28:09 | 3:45 | 4 | - | - | 36 | |
| □□□ Rad | 2.50 | 12:02 | 4:48 | 7 | 1:52 | 25 | 2:49 | 10.00 | 40:11 | 4:01 | 4 | 1:15 | - | 37 | |
| □□ 1 | 0.20 | 0:22 | 1:49 | 2 | 0:01 | 12 | 0:03 | 10.20 | 40:33 | 3:58 | 4 | 0:44 | - | 36 | |
| □□ 2 | 10.00 | 22:45 | 2:16 | 6 | 2:04 | 20 | 5:05 | 20.20 | 1:03:18 | 3:08 | 4 | 2:48 | - | 36 | |
| □□ 3 | 10.00 | 23:39 | 2:21 | 7 | 2:56 | 23 | 5:58 | 30.20 | 1:26:57 | 2:52 | 4 | 5:44 | - | 36 | |
| □□ 4 | 10.00 | 23:51 | 2:23 | 7 | 3:17 | 23 | 5:36 | 40.20 | 1:50:48 | 2:45 | 4 | 9:01 | - | 36 | |
| □□□ Rad | 10.00 | 25:34 | 2:33 | 7 | 3:52 | 21 | 14:41 | 50.20 | 2:16:22 | 2:42 | 4 | 12:53 | - | 36 | |
| □□ 1 | 0.20 | 0:28 | 2:19 | 2 | 0:07 | 13 | 0:07 | 50.40 | 2:16:50 | 2:42 | 4 | 12:33 | - | 36 | |
| □□ 2 | 2.50 | 10:41 | 4:16 | 3 | 0:30 | 11 | 1:30 | 52.90 | 2:27:31 | 2:47 | 4 | 12:45 | - | 36 | |
| □□□ Penalty | - | fehlt! | - | - | - | - | - | 52.90 | - | - | - | - | - | - | - |
| Lauf | 2.10 | 10:17 | 4:53 | 3 | 0:06 | 10 | 1:14 | 55.00 | 2:37:48 | 2:52 | 4 | 12:50 | 16 | 1:11:33 | |