



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

□□□□

Beckert, Holger

□□: MTV Förste e.V.

□□: 6

□□: 55.00 km

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

□□□□:

AK 3 männlich (40-49 Jahre)

□□□: 2:39:52

□□: 20.64 km/h

□□□□: 2:55 min/km

□□□□□/□□□□: 16 (of 46)

□□□□□/□: 16 (of 42)

□□□□□□: 2:08:59

□□□□□: 5(of 15)

□□□□□□□: 2:24:58

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 2.50 | 10:32 | 4:12 | 11 | 1:46 | 33 | 2:35 | 2.50 | 10:32 | 4:12 | 5 | 1:11 | 37 | 0:30 |
| □□ 2 | 2.50 | 11:13 | 4:29 | 12 | 1:52 | 33 | 2:49 | 5.00 | 21:45 | 4:20 | 5 | 2:45 | 37 | 1:37 |
| □□ 3 | 2.50 | 11:23 | 4:33 | 12 | 1:49 | 33 | 2:45 | 7.50 | 33:08 | 4:25 | 5 | 4:22 | 37 | 2:19 |
| □□□ Rad | 2.50 | 12:32 | 5:00 | 10 | 2:22 | 29 | 3:19 | 10.00 | 45:40 | 4:33 | 5 | 6:44 | 38 | 3:38 |
| □□ 1 | 0.20 | 0:26 | 2:09 | 8 | 0:05 | 25 | 0:07 | 10.20 | 46:06 | 4:31 | 5 | 6:17 | 37 | 3:38 |
| □□ 2 | 10.00 | 21:35 | 2:09 | 4 | 0:54 | 13 | 3:55 | 20.20 | 1:07:41 | 3:21 | 5 | 7:11 | 37 | 1:13 |
| □□ 3 | 10.00 | 22:01 | 2:12 | 4 | 1:18 | 12 | 4:20 | 30.20 | 1:29:42 | 2:58 | 5 | 8:29 | 37 | |
| □□ 4 | 10.00 | 22:23 | 2:14 | 4 | 1:49 | 12 | 4:08 | 40.20 | 1:52:05 | 2:47 | 5 | 10:18 | 37 | |
| □□□ Rad | 10.00 | 23:32 | 2:21 | 4 | 1:50 | 13 | 12:39 | 50.20 | 2:15:37 | 2:42 | 5 | 12:08 | 37 | |
| □□ 1 | 0.20 | 0:30 | 2:30 | 6 | 0:09 | 24 | 0:09 | 50.40 | 2:16:07 | 2:42 | 5 | 11:50 | 37 | |
| □□ 2 | 2.50 | 12:13 | 4:53 | 9 | 2:02 | 30 | 3:02 | 52.90 | 2:28:20 | 2:48 | 5 | 13:34 | 37 | |
| □□□ Penalty | - | fehlt! | - | - | - | - | - | 52.90 | - | - | - | - | - | - |
| Lauf | 2.10 | 11:32 | 5:29 | 7 | 1:21 | 21 | 2:29 | 55.00 | 2:39:52 | 2:54 | 5 | 14:54 | 17 | 1:13:37 |