



# 5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

0000

Block, Ruben

00: WSV 21

00: 8

00: 55.00 km

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

0000:

AK 1 männlich (20-29 Jahre)

000: 2:40:48

00: 20.52 km/h

0000: 2:55 min/km

00000/000: 18 (of 46)

00000/0: 18 (of 42)

000000: 2:08:59

00000: 4(of 6)

0000000: 2:08:59

0000

0000

000

| 000         | 00    | 00     | 00     | 00 | 00   | 00 | 00    | 000   | 000     | 000    | 00 | 00    | 00 | 00      |
|-------------|-------|--------|--------|----|------|----|-------|-------|---------|--------|----|-------|----|---------|
|             | km    | 00     | min/km | -  | -    | 0  | 0     | km    | 00      | min/km | -  | -     | 0  | 0       |
| 00 1        | 2.50  | 10:01  | 4:00   | 6  | 1:49 | 23 | 2:04  | 2.50  | 10:01   | 4:00   | 4  | 1:49  | 38 |         |
| 00 2        | 2.50  | 10:42  | 4:16   | 6  | 2:04 | 27 | 2:18  | 5.00  | 20:43   | 4:08   | 4  | 3:53  | 39 | 0:35    |
| 00 3        | 2.50  | 10:47  | 4:18   | 6  | 1:44 | 25 | 2:09  | 7.50  | 31:30   | 4:12   | 4  | 5:35  | 6  | 0:41    |
| 000 Rad     | 2.50  | 11:26  | 4:34   | 5  | 2:02 | 19 | 2:13  | 10.00 | 42:56   | 4:17   | 4  | 7:37  | 40 | 0:54    |
| 00 1        | 0.20  | 0:26   | 2:09   | 6  | 0:05 | 25 | 0:07  | 10.20 | 43:22   | 4:15   | 4  | 7:40  | 39 | 0:54    |
| 00 2        | 10.00 | 22:19  | 2:13   | 4  | 4:39 | 16 | 4:39  | 20.20 | 1:05:41 | 3:15   | 4  | 12:19 | 39 |         |
| 00 3        | 10.00 | 23:23  | 2:20   | 4  | 5:42 | 21 | 5:42  | 30.20 | 1:29:04 | 2:56   | 4  | 18:01 | 39 |         |
| 00 4        | 10.00 | 23:02  | 2:18   | 4  | 4:47 | 15 | 4:47  | 40.20 | 1:52:06 | 2:47   | 4  | 22:48 | 39 |         |
| 000 Rad     | 10.00 | 24:13  | 2:25   | 4  | 4:57 | 16 | 13:20 | 50.20 | 2:16:19 | 2:42   | 4  | 27:45 | 39 |         |
| 00 1        | 0.20  | 0:28   | 2:19   | 5  | 0:06 | 13 | 0:07  | 50.40 | 2:16:47 | 2:42   | 4  | 27:48 | 39 |         |
| 00 2        | 2.50  | 11:34  | 4:37   | 6  | 2:17 | 23 | 2:23  | 52.90 | 2:28:21 | 2:48   | 4  | 29:34 | 39 |         |
| 000 Penalty | -     | fehlt! | -      | -  | -    | -  | -     | 52.90 | -       | -      | -  | -     | -  | -       |
| Lauf        | 2.10  | 12:27  | 5:55   | 6  | 3:24 | 31 | 3:24  | 55.00 | 2:40:48 | 2:55   | 4  | 31:49 | 19 | 1:14:33 |