



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

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Simon, Wolfgang

□□: VfL Wolfsburg

□□: 47

□□: 55.00 km

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

□□□□:

AK 5 männlich (60 und älter)

□□□: 2:40:49

□□: 20.52 km/h

□□□□: 2:55 min/km

□□□□□/□□□: 19 (of 46)

□□□□□/□: 19 (of 42)

□□□□□□: 2:08:59

□□□□□: 1(of 3)

□□□□□□□: 2:40:49

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	2.50	9:49	3:55	2	0:13	18	1:52	2.50	9:49	3:55	1	-	40	
□□ 2	2.50	10:03	4:01	2	0:22	17	1:39	5.00	19:52	3:58	1	-	40	
□□ 3	2.50	10:23	4:09	2	0:37	20	1:45	7.50	30:15	4:01	1	-	40	
□□□ Rad	2.50	11:38	4:39	2	1:16	20	2:25	10.00	41:53	4:11	1	-	41	
□□ 1	0.20	0:26	2:09	2	0:02	25	0:07	10.20	42:19	4:08	1	-	40	
□□ 2	10.00	22:25	2:14	1	-	17	4:45	20.20	1:04:44	3:12	1	-	40	
□□ 3	10.00	22:44	2:16	1	-	17	5:03	30.20	1:27:28	2:53	1	-	40	
□□ 4	10.00	23:18	2:19	1	-	17	5:03	40.20	1:50:46	2:45	1	-	40	
□□□ Rad	10.00	25:54	2:35	1	-	23	15:01	50.20	2:16:40	2:43	1	-	40	
□□ 1	0.20	0:34	2:49	2	0:03	33	0:13	50.40	2:17:14	2:43	1	-	40	
□□ 2	2.50	12:01	4:48	2	0:49	27	2:50	52.90	2:29:15	2:49	1	-	40	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:34	5:30	2	0:28	23	2:31	55.00	2:40:49	2:55	1	-	20	1:14:34