



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

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Reckemeier, Rebecca

□□□: 2:40:52

□□: ESV Eintracht Hameln

□□: 20.51 km/h

□□: 40

□□□□: 2:55 min/km

□□: 55.00 km

□□□□□/□□□: 20 (of 46)

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

□□□□□/□: 1 (of 4)

□□□□□□: 2:40:52

□□□□:

□□□□□: 1(of 2)

AK 2 weiblich (30-39 Jahre)

□□□□□□□: 2:40:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:07	4:02	1	-	1	-	2.50	10:07	4:02	1	-	1	-
□□ 2	2.50	10:45	4:17	1	-	1	-	5.00	20:52	4:10	1	-	1	-
□□ 3	2.50	11:01	4:24	1	-	1	-	7.50	31:53	4:15	1	-	1	-
□□□ Rad	2.50	11:55	4:46	1	-	1	-	10.00	43:48	4:22	1	-	1	-
□□ 1	0.20	0:21	1:44	1	-	1	-	10.20	44:09	4:19	1	-	1	-
□□ 2	10.00	22:24	2:14	1	-	1	-	20.20	1:06:33	3:17	1	-	1	-
□□ 3	10.00	22:43	2:16	1	-	1	-	30.20	1:29:16	2:57	1	-	1	-
□□ 4	10.00	23:21	2:20	1	-	1	-	40.20	1:52:37	2:48	1	-	1	-
□□□ Rad	10.00	24:45	2:28	1	-	1	-	50.20	2:17:22	2:44	1	-	1	-
□□ 1	0.20	0:26	2:09	1	-	1	-	50.40	2:17:48	2:44	1	-	1	-
□□ 2	2.50	11:29	4:35	1	-	1	-	52.90	2:29:17	2:49	1	-	1	-
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:35	5:30	1	-	1	-	55.00	2:40:52	2:55	1	-	1	-