



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

0000

Trossen, Holger

00: LSV TriTeam
00: 50

00: 55.00 km
HarzMan 10,0-40,0-5,0

0000:
AK 3 männlich (40-49 Jahre)

000: 2:41:06

00: 20.48 km/h
0000: 2:56 min/km

00000/000: 21 (of 46)

00000/0: 20 (of 42)

000000: 2:08:59

00000: 6(of 15)

0000000: 2:24:58

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	10:26	4:10	8	1:40	29	2:29	2.50	10:26	4:10	6	1:05	41	0:24
00 2	2.50	10:40	4:15	8	1:19	26	2:16	5.00	21:06	4:13	6	2:06	41	0:58
00 3	2.50	10:48	4:19	8	1:14	26	2:10	7.50	31:54	4:15	6	3:08	41	1:05
000 Rad	2.50	11:45	4:42	6	1:35	22	2:32	10.00	43:39	4:21	6	4:43	42	1:37
00 1	0.20	0:32	2:39	13	0:11	39	0:13	10.20	44:11	4:19	6	4:22	41	1:43
00 2	10.00	23:17	2:19	8	2:36	24	5:37	20.20	1:07:28	3:20	6	6:58	41	1:00
00 3	10.00	22:53	2:17	5	2:10	18	5:12	30.20	1:30:21	2:59	6	9:08	41	
00 4	10.00	23:13	2:19	5	2:39	16	4:58	40.20	1:53:34	2:49	6	11:47	41	
000 Rad	10.00	24:52	2:29	6	3:10	18	13:59	50.20	2:18:26	2:45	6	14:57	41	
00 1	0.20	0:32	2:39	10	0:11	29	0:11	50.40	2:18:58	2:45	6	14:41	41	
00 2	2.50	11:04	4:25	6	0:53	17	1:53	52.90	2:30:02	2:50	6	15:16	41	
000 Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:04	5:16	6	0:53	16	2:01	55.00	2:41:06	2:55	6	16:08	21	1:14:51