



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

00000/0000: 21 (of 46)

00000/0: 20 (of 42)

000000: 2:08:59

00000: 6(of 15)

0000000: 2:24:58

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| 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 |