



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

□□□□

Schier, Wolfgang

□□□: 2:44:05

□□: TSV Heiligenrode / Team Erdinger Alkoholfrei
 □□: 44

□□: 20.11 km/h
 □□□□: 2:59 min/km

□□: 55.00 km
 HarzMan 10,0-40,0-5,0

□□□□□/□□□: 23 (of 46)

□□□□□/□: 22 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 7(of 15)

AK 3 männlich (40-49 Jahre)

□□□□□□□: 2:24:58

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:53	4:21	13	2:07	35	2:56	2.50	10:53	4:21	7	1:32	12	0:51	
□□ 2	2.50	11:09	4:27	11	1:48	32	2:45	5.00	22:02	4:24	7	3:02	12	1:54	
□□ 3	2.50	11:28	4:35	13	1:54	34	2:50	7.50	33:30	4:28	7	4:44	12	2:41	
□□□ Rad	2.50	12:30	5:00	9	2:20	28	3:17	10.00	46:00	4:35	7	7:04	12	3:58	
□□ 1	0.20	0:25	2:05	5	0:04	21	0:06	10.20	46:25	4:33	7	6:36	12	3:57	
□□ 2	10.00	22:47	2:16	7	2:06	22	5:07	20.20	1:09:12	3:25	7	8:42	12	2:44	
□□ 3	10.00	23:54	2:23	9	3:11	25	6:13	30.20	1:33:06	3:04	7	11:53	12	1:47	
□□ 4	10.00	23:29	2:20	6	2:55	19	5:14	40.20	1:56:35	2:54	7	14:48	12		
□□□ Rad	10.00	24:00	2:23	5	2:18	15	13:07	50.20	2:20:35	2:48	7	17:06	4		
□□ 1	0.20	0:32	2:39	10	0:11	29	0:11	50.40	2:21:07	2:47	7	16:50	12		
□□ 2	2.50	11:26	4:34	7	1:15	22	2:15	52.90	2:32:33	2:53	7	17:47	12		
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-	-
Lauf	2.10	11:32	5:29	7	1:21	21	2:29	55.00	2:44:05	2:59	7	19:07	23	1:17:50	