



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

□□□□

Auffarth, Andreas

□□□: 2:44:03

□□: VTB Varel

□□: 20.12 km/h

□□: 1

□□□□: 2:59 min/km

□□: 55.00 km

□□□□□/□□□□: 22 (of 46)

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

□□□□□/□: 21 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 1(of 4)

AK 4 männlich (50-59 Jahre)

□□□□□□□: 2:44:03

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	2.50	9:59	3:59	1	-	21	2:02	2.50	9:59	3:59	1	-	2	
□□ 2	2.50	10:35	4:14	1	-	23	2:11	5.00	20:34	4:06	1	-	2	0:26
□□ 3	2.50	10:51	4:20	1	-	27	2:13	7.50	31:25	4:11	1	-	2	0:36
□□□ Rad	2.50	12:29	4:59	1	-	27	3:16	10.00	43:54	4:23	2	-	2	1:52
□□ 1	0.20	0:30	2:30	3	0:10	37	0:11	10.20	44:24	4:21	1	-	2	1:56
□□ 2	10.00	22:52	2:17	1	-	23	5:12	20.20	1:07:16	3:19	1	-	2	0:48
□□ 3	10.00	23:17	2:19	1	-	20	5:36	30.20	1:30:33	2:59	1	-	2	
□□ 4	10.00	23:46	2:22	1	-	22	5:31	40.20	1:54:19	2:50	1	-	2	
□□□ Rad	10.00	10:53	1:05	1	-	1	-	50.20	2:05:12	2:29	1	-	2	
□□ 1	0.20	14:43	73:34	3	14:11	41	14:22	50.40	2:19:55	2:46	1	-	2	
□□ 2	2.50	11:36	4:38	1	-	24	2:25	52.90	2:31:31	2:51	1	-	2	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	12:32	5:58	1	-	32	3:29	55.00	2:44:03	2:58	2	1:17:48	22	1:17:48