



# 5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

□□□□

Golenia, Christiane

□□□: 2:46:35

□□: LC Hansa Stuhr Tri-Wölfe

□□: 19.81 km/h

□□: 20

□□□□: 3:02 min/km

□□: 55.00 km

□□□□□/□□□□: 26 (of 46)

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

□□□□□/□: 2 (of 4)

□□□□□□: 2:40:52

□□□□:

□□□□□: 1(of 1)

AK 4 weiblich (50-59 Jahre)

□□□□□□□: 2:46:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:57	4:22	1	-	2	0:50	2.50	10:57	4:22	1	-	2	0:50	
□□ 2	2.50	11:22	4:32	1	-	2	0:37	5.00	22:19	4:27	1	-	2	1:27	
□□ 3	2.50	11:13	4:29	1	-	2	0:12	7.50	33:32	4:28	1	-	2	1:39	
□□□ Rad	2.50	11:56	4:46	1	-	2	0:01	10.00	45:28	4:32	1	-	2	1:40	
□□ 1	0.20	0:30	2:30	1	-	3	0:09	10.20	45:58	4:30	1	-	2	1:49	
□□ 2	10.00	23:25	2:20	1	-	2	1:01	20.20	1:09:23	3:26	1	-	2	2:50	
□□ 3	10.00	23:41	2:22	1	-	2	0:58	30.20	1:33:04	3:04	1	-	2	3:48	
□□ 4	10.00	24:07	2:24	1	-	2	0:46	40.20	1:57:11	2:54	1	-	2	4:34	
□□□ Rad	10.00	25:03	2:30	1	-	2	0:18	50.20	2:22:14	2:49	1	-	2	4:52	
□□ 1	0.20	0:31	2:35	1	-	2	0:05	50.40	2:22:45	2:49	1	-	2	4:57	
□□ 2	2.50	11:51	4:44	1	-	2	0:22	52.90	2:34:36	2:55	1	-	2	5:19	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-	
Lauf	2.10	11:59	5:42	1	-	2	0:24	55.00	2:46:35	3:01	1	-	2	5:43	