



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

0000

Brodmann, Ralf

00: LTV Obereichsfeld

00: 11

00: 55.00 km

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

0000:

AK 2 männlich (30-39 Jahre)

000: 2:48:34

00: 19.58 km/h

0000: 3:04 min/km

00000/000: 27 (of 46)

00000/0: 25 (of 42)

000000: 2:08:59

00000: 11(of 14)

0000000: 2:19:54

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	10:03	4:01	11	2:06	26	2:06	2.50	10:03	4:01	11	1:53	6	0:01
00 2	2.50	10:42	4:16	11	2:18	27	2:18	5.00	20:45	4:09	11	3:55	6	0:37
00 3	2.50	10:45	4:17	10	2:07	24	2:07	7.50	31:30	4:12	11	5:36	6	0:41
000 Rad	2.50	13:00	5:12	12	3:47	32	3:47	10.00	44:30	4:27	11	8:41	6	2:28
00 1	0.20	0:26	2:09	10	0:07	25	0:07	10.20	44:56	4:24	11	8:42	6	2:28
00 2	10.00	24:49	2:28	13	5:08	30	7:09	20.20	1:09:45	3:27	11	12:44	6	3:17
00 3	10.00	24:34	2:27	11	4:45	28	6:53	30.20	1:34:19	3:07	11	16:14	6	3:00
00 4	10.00	24:54	2:29	11	3:56	27	6:39	40.20	1:59:13	2:57	11	20:10	6	1:45
000 Rad	10.00	26:12	2:37	10	4:20	24	15:19	50.20	2:25:25	2:53	11	24:23	6	
00 1	0.20	0:28	2:19	8	0:05	13	0:07	50.40	2:25:53	2:53	11	24:28	6	
00 2	2.50	11:20	4:31	9	2:09	21	2:09	52.90	2:37:13	2:58	11	26:37	6	
000 Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:21	5:24	9	2:15	20	2:18	55.00	2:48:34	3:03	11	28:40	26	1:22:19