



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

□□□□

Michel, Sven

□□: TriAS Hildesheim

□□: 36

□□: 55.00 km

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

□□□□:

AK 3 männlich (40-49 Jahre)

□□□: 2:49:06

□□: 19.52 km/h

□□□□: 3:04 min/km

□□□□□/□□□: 29 (of 46)

□□□□□/□: 27 (of 42)

□□□□□□: 2:08:59

□□□□□: 9(of 15)

□□□□□□□: 2:24:58

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:40	4:15	12	1:54	34	2:43	2.50	10:40	4:15	9	1:19	8	0:38	
□□ 2	2.50	11:01	4:24	10	1:40	31	2:37	5.00	21:41	4:20	9	2:41	8	1:33	
□□ 3	2.50	11:16	4:30	9	1:42	30	2:38	7.50	32:57	4:23	9	4:11	8	2:08	
□□□ Rad	2.50	13:41	5:28	14	3:31	36	4:28	10.00	46:38	4:39	9	7:42	8	4:36	
□□ 1	0.20	0:22	1:49	2	0:01	12	0:03	10.20	47:00	4:36	9	7:11	8	4:32	
□□ 2	10.00	23:28	2:20	9	2:47	25	5:48	20.20	1:10:28	3:29	9	9:58	8	4:00	
□□ 3	10.00	23:31	2:21	6	2:48	22	5:50	30.20	1:33:59	3:06	9	12:46	8	2:40	
□□ 4	10.00	24:27	2:26	8	3:53	24	6:12	40.20	1:58:26	2:56	9	16:39	8	0:58	
□□□ Rad	10.00	26:31	2:39	9	4:49	25	15:38	50.20	2:24:57	2:53	9	21:28	8		
□□ 1	0.20	0:28	2:19	2	0:07	13	0:07	50.40	2:25:25	2:53	9	21:08	8		
□□ 2	2.50	11:55	4:46	8	1:44	26	2:44	52.90	2:37:20	2:58	9	22:34	8		
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-	
Lauf	2.10	11:46	5:36	9	1:35	26	2:43	55.00	2:49:06	3:04	9	24:08	28	1:22:51	