



# 5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

0000

Michel, Sven

00: TriAS Hildesheim

00: 36

00: 55.00 km

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

0000:

AK 3 männlich (40-49 Jahre)

000: 2:49:06

00: 19.52 km/h

0000: 3:04 min/km

00000/000: 29 (of 46)

00000/0: 27 (of 42)

000000: 2:08:59

00000: 9(of 15)

0000000: 2:24:58

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	10:40	4:15	12	1:54	34	2:43	2.50	10:40	4:15	9	1:19	8	0:38
00 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
00 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
000 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
00 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
00 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
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
00 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
000 Rad	10.00	26:31	2:39	9	4:49	25	15:38	50.20	2:24:57	2:53	9	21:28	8	
00 1	0.20	0:28	2:19	2	0:07	13	0:07	50.40	2:25:25	2:53	9	21:08	8	
00 2	2.50	11:55	4:46	8	1:44	26	2:44	52.90	2:37:20	2:58	9	22:34	8	
000 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