



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
 Hohegeiß / 06.05.2012

□□□□

Krumdieck, Ralf

□□□: 2:52:25

□□: 1.Nienburger SC

□□: 19.14 km/h

□□: 30

□□□□: 3:08 min/km

□□: 55.00 km

□□□□□/□□□□: 33 (of 46)

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

□□□□□/□: 31 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 11(of 15)

AK 3 männlich (40-49 Jahre)

□□□□□□□: 2:24:58

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:27	4:10	9	1:41	30	2:30	2.50	10:27	4:10	10	1:06	9	0:25
□□ 2	2.50	11:13	4:29	12	1:52	33	2:49	5.00	21:40	4:20	10	2:40	9	1:32
□□ 3	2.50	11:37	4:38	14	2:03	35	2:59	7.50	33:17	4:26	10	4:31	9	2:28
□□□ Rad	2.50	12:55	5:09	11	2:45	31	3:42	10.00	46:12	4:37	10	7:16	9	4:10
□□ 1	0.20	0:27	2:15	11	0:06	32	0:08	10.20	46:39	4:34	10	6:50	9	4:11
□□ 2	10.00	22:27	2:14	5	1:46	18	4:47	20.20	1:09:06	3:25	10	8:36	9	2:38
□□ 3	10.00	23:43	2:22	8	3:00	24	6:02	30.20	1:32:49	3:04	10	11:36	9	1:30
□□ 4	10.00	24:49	2:28	10	4:15	26	6:34	40.20	1:57:38	2:55	10	15:51	9	0:10
□□□ Rad	10.00	26:32	2:39	10	4:50	26	15:39	50.20	2:24:10	2:52	10	20:41	9	
□□ 1	0.20	0:28	2:19	2	0:07	13	0:07	50.40	2:24:38	2:52	10	20:21	9	
□□ 2	2.50	12:54	5:09	14	2:43	35	3:43	52.90	2:37:32	2:58	10	22:46	9	
□□□ Penalty	-	2:00	-	1	-	1	-	52.90	2:39:32	-	2	2:39:32	3	2:39:32
Lauf	2.10	12:53	6:08	14	2:42	36	3:50	55.00	2:52:25	3:08	11	27:27	32	1:26:10