



# 5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

□□□□

Wrobel, Oliver

□□□: 2:51:11

□□: TV Scheeßel

□□: 19.28 km/h

□□: 55

□□□□: 3:07 min/km

□□: 55.00 km

□□□□□/□□□: 31 (of 46)

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

□□□□□/□: 29 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 12(of 14)

AK 2 männlich (30-39 Jahre)

□□□□□□□: 2:19:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:59	3:59	8	2:02	21	2:02	2.50	9:59	3:59	12	1:49	2		
□□ 2	2.50	10:45	4:17	12	2:21	29	2:21	5.00	20:44	4:08	12	3:54	10	0:36	
□□ 3	2.50	10:55	4:21	12	2:17	29	2:17	7.50	31:39	4:13	12	5:45	10	0:50	
□□□ Rad	2.50	11:56	4:46	10	2:43	23	2:43	10.00	43:35	4:21	12	7:46	10	1:33	
□□ 1	0.20	0:19	1:34	1	-	1	-	10.20	43:54	4:18	12	7:40	10	1:26	
□□ 2	10.00	24:17	2:25	12	4:36	28	6:37	20.20	1:08:11	3:22	12	11:10	10	1:43	
□□ 3	10.00	25:18	2:31	13	5:29	32	7:37	30.20	1:33:29	3:05	12	15:24	10	2:10	
□□ 4	10.00	25:48	2:34	12	4:50	29	7:33	40.20	1:59:17	2:58	12	20:14	10	1:49	
□□□ Rad	10.00	26:57	2:41	11	5:05	27	16:04	50.20	2:26:14	2:54	12	25:12	10		
□□ 1	0.20	0:28	2:19	8	0:05	13	0:07	50.40	2:26:42	2:54	12	25:17	10		
□□ 2	2.50	12:11	4:52	12	3:00	29	3:00	52.90	2:38:53	3:00	12	28:17	10		
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-	-
Lauf	2.10	12:18	5:51	12	3:12	29	3:15	55.00	2:51:11	3:06	12	31:17	30	1:24:56	