



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

□□□□

Wessels, Frank

□□□: 2:51:34

□□: 1. TCO Die Bären

□□: 19.23 km/h

□□: 52

□□□□: 3:07 min/km

□□: 55.00 km

□□□□□/□□□: 32 (of 46)

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

□□□□□/□: 30 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 10(of 15)

AK 3 männlich (40-49 Jahre)

□□□□□□□: 2:24:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	11:08	4:27	14	2:22	36	3:11	2.50	11:08	4:27	11	1:47	11	1:06	
□□ 2	2.50	11:21	4:32	14	2:00	35	2:57	5.00	22:29	4:29	11	3:29	11	2:21	
□□ 3	2.50	11:19	4:31	10	1:45	31	2:41	7.50	33:48	4:30	11	5:02	11	2:59	
□□□ Rad	2.50	12:08	4:51	8	1:58	26	2:55	10.00	45:56	4:35	11	7:00	11	3:54	
□□ 1	0.20	0:26	2:09	8	0:05	25	0:07	10.20	46:22	4:32	11	6:33	11	3:54	
□□ 2	10.00	24:57	2:29	11	4:16	32	7:17	20.20	1:11:19	3:31	11	10:49	11	4:51	
□□ 3	10.00	24:15	2:25	10	3:32	27	6:34	30.20	1:35:34	3:09	11	14:21	11	4:15	
□□ 4	10.00	24:48	2:28	9	4:14	25	6:33	40.20	2:00:22	2:59	11	18:35	11	2:54	
□□□ Rad	10.00	25:44	2:34	8	4:02	22	14:51	50.20	2:26:06	2:54	11	22:37	11		
□□ 1	0.20	0:35	2:54	13	0:14	35	0:14	50.40	2:26:41	2:54	11	22:24	11		
□□ 2	2.50	12:35	5:01	10	2:24	31	3:24	52.90	2:39:16	3:00	11	24:30	11		
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-	
Lauf	2.10	12:18	5:51	11	2:07	29	3:15	55.00	2:51:34	3:07	10	26:36	31	1:25:19	