



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

0000

Fröhling, Thomas

00: Hamburger Laufladen

00: 18

00: 55.00 km

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

0000:

AK 3 männlich (40-49 Jahre)

000: 2:54:19

00: 18.93 km/h

0000: 3:10 min/km

00000/000: 35 (of 46)

00000/0: 33 (of 42)

000000: 2:08:59

00000: 12(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	9:40	3:51	4	0:54	14	1:43	2.50	9:40	3:51	8	0:19	7	
00 2	2.50	10:04	4:01	6	0:43	18	1:40	5.00	19:44	3:56	12	0:44	13	
00 3	2.50	10:20	4:08	6	0:46	19	1:42	7.50	30:04	4:00	12	1:18	13	
000 Rad	2.50	11:38	4:39	5	1:28	20	2:25	10.00	41:42	4:10	12	2:46	13	
00 1	0.20	0:25	2:05	5	0:04	21	0:06	10.20	42:07	4:07	12	2:18	13	
00 2	10.00	25:19	2:31	12	4:38	35	7:39	20.20	1:07:26	3:20	12	6:56	13	0:58
00 3	10.00	25:17	2:31	11	4:34	31	7:36	30.20	1:32:43	3:04	12	11:30	13	1:24
00 4	10.00	26:48	2:40	13	6:14	36	8:33	40.20	1:59:31	2:58	12	17:44	13	2:03
000 Rad	10.00	29:04	2:54	13	7:22	35	18:11	50.20	2:28:35	2:57	12	25:06	13	1:07
00 1	0.20	0:30	2:30	6	0:09	24	0:09	50.40	2:29:05	2:57	12	24:48	13	1:05
00 2	2.50	12:36	5:02	11	2:25	32	3:25	52.90	2:41:41	3:03	12	26:55	13	0:47
000 Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	12:38	6:00	13	2:27	34	3:35	55.00	2:54:19	3:10	12	29:21	34	1:28:04