



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

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Kuntschke, Marcel

□□□: 2:56:18

□□: TSV Warzen

□□: 18.72 km/h

□□: 31

□□□□: 3:13 min/km

□□: 55.00 km

□□□□□/□□□: 37 (of 46)

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

□□□□□/□: 34 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 6(of 6)

AK 1 männlich (20-29 Jahre)

□□□□□□□: 2:08:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:50	3:56	4	1:38	19	1:53	2.50	9:50	3:56	6	1:38	14	
□□ 2	2.50	10:39	4:15	5	2:01	25	2:15	5.00	20:29	4:05	6	3:39	14	0:21
□□ 3	2.50	10:43	4:17	5	1:40	22	2:05	7.50	31:12	4:09	6	5:17	14	0:23
□□□ Rad	2.50	11:59	4:47	6	2:35	24	2:46	10.00	43:11	4:19	6	7:52	14	1:09
□□ 1	0.20	0:24	2:00	4	0:03	17	0:05	10.20	43:35	4:16	6	7:53	14	1:07
□□ 2	10.00	25:29	2:32	6	7:49	36	7:49	20.20	1:09:04	3:25	6	15:42	14	2:36
□□ 3	10.00	26:54	2:41	6	9:13	37	9:13	30.20	1:35:58	3:10	6	24:55	14	4:39
□□ 4	10.00	27:54	2:47	6	9:39	37	9:39	40.20	2:03:52	3:04	6	34:34	14	6:24
□□□ Rad	10.00	29:01	2:54	5	9:45	34	18:08	50.20	2:32:53	3:02	6	44:19	14	5:25
□□ 1	0.20	0:29	2:24	6	0:07	21	0:08	50.40	2:33:22	3:02	6	44:23	14	5:22
□□ 2	2.50	11:12	4:28	5	1:55	18	2:01	52.90	2:44:34	3:06	6	45:47	14	3:40
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	11:44	5:35	5	2:41	25	2:41	55.00	2:56:18	3:12	6	47:19	35	1:30:03