



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft  
Hohegeiß / 06.05.2012

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**Böhning, Hans-Martin**

□□□: 2:57:55

□□: LT Rüniger Roadrunner

□□: 18.55 km/h

□□: 10

□□□□: 3:14 min/km

□□: 55.00 km

□□□□□/□□□: 38 (of 46)

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

□□□□□/□: 35 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 13(of 15)

AK 3 männlich (40-49 Jahre)

□□□□□□□: 2:24:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:31	4:12	10	1:45	32	2:34	2.50	10:31	4:12	13	1:10	15	0:29
□□ 2	2.50	11:00	4:24	9	1:39	30	2:36	5.00	21:31	4:18	13	2:31	15	1:23
□□ 3	2.50	11:22	4:32	11	1:48	32	2:44	7.50	32:53	4:23	13	4:07	15	2:04
□□□ Rad	2.50	13:40	5:28	13	3:30	35	4:27	10.00	46:33	4:39	13	7:37	15	4:31
□□ 1	0.20	0:37	3:05	14	0:16	40	0:18	10.20	47:10	4:37	13	7:21	15	4:42
□□ 2	10.00	25:37	2:33	13	4:56	37	7:57	20.20	1:12:47	3:36	13	12:17	15	6:19
□□ 3	10.00	26:07	2:36	13	5:24	36	8:26	30.20	1:38:54	3:16	13	17:41	15	7:35
□□ 4	10.00	25:52	2:35	11	5:18	30	7:37	40.20	2:04:46	3:06	13	22:59	15	7:18
□□□ Rad	10.00	27:20	2:44	11	5:38	29	16:27	50.20	2:32:06	3:01	13	28:37	15	4:38
□□ 1	0.20	0:28	2:19	2	0:07	13	0:07	50.40	2:32:34	3:01	13	28:17	15	4:34
□□ 2	2.50	12:46	5:06	13	2:35	34	3:35	52.90	2:45:20	3:07	13	30:34	15	4:26
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	12:35	5:59	12	2:24	33	3:32	55.00	2:57:55	3:14	13	32:57	36	1:31:40