



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
Hohegeiß / 06.05.2012

□□□□

Jennert, Normen

□□: LTV Obereichsfeld
□□: 58

□□: 55.00 km
HarzMan 10,0-40,0-5,0

□□□□:
AK 3 männlich (40-49 Jahre)

□□□: 3:02:29

□□: 18.08 km/h
□□□□: 3:19 min/km

□□□□□/□□□: 39 (of 46)

□□□□□/□: 36 (of 42)

□□□□□□: 2:08:59

□□□□□: 14(of 15)

□□□□□□□: 2:24:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:11	4:04	7	1:25	28	2:14	2.50	10:11	4:04	14	0:50	16	0:09	
□□ 2	2.50	10:36	4:14	7	1:15	24	2:12	5.00	20:47	4:09	14	1:47	16	0:39	
□□ 3	2.50	10:44	4:17	7	1:10	23	2:06	7.50	31:31	4:12	14	2:45	16	0:42	
□□□ Rad	2.50	13:11	5:16	12	3:01	34	3:58	10.00	44:42	4:28	14	5:46	16	2:40	
□□ 1	0.20	0:26	2:09	8	0:05	25	0:07	10.20	45:08	4:25	14	5:19	16	2:40	
□□ 2	10.00	25:56	2:35	14	5:15	38	8:16	20.20	1:11:04	3:31	14	10:34	16	4:36	
□□ 3	10.00	27:29	2:44	14	6:46	38	9:48	30.20	1:38:33	3:15	14	17:20	16	7:14	
□□ 4	10.00	28:13	2:49	14	7:39	38	9:58	40.20	2:06:46	3:09	14	24:59	16	9:18	
□□□ Rad	10.00	30:24	3:02	14	8:42	38	19:31	50.20	2:37:10	3:07	14	33:41	16	9:42	
□□ 1	0.20	0:31	2:35	9	0:10	27	0:10	50.40	2:37:41	3:07	14	33:24	16	9:41	
□□ 2	2.50	12:42	5:04	12	2:31	33	3:31	52.90	2:50:23	3:13	14	35:37	16	9:29	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-	
Lauf	2.10	12:06	5:45	10	1:55	27	3:03	55.00	3:02:29	3:19	14	37:31	37	1:36:14	