



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

0000

Fritzsche, Lutz

000: 3:05:56

00: WSV 21 Wolfenbüttel

00: 17.75 km/h

00: 17

0000: 3:23 min/km

00: 55.00 km

00000/000: 41 (of 46)

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

00000/0: 37 (of 42)

000000: 2:08:59

0000:

00000: 2(of 4)

AK 4 männlich (50-59 Jahre)

0000000: 2:44:03

0000

0000

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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	11:40	4:39	2	1:41	37	3:43	2.50	11:40	4:39	2	1:41	17	1:38
00 2	2.50	12:20	4:56	3	1:45	39	3:56	5.00	24:00	4:47	2	3:26	17	3:52
00 3	2.50	12:22	4:56	3	1:31	38	3:44	7.50	36:22	4:50	2	4:57	17	5:33
000 Rad	2.50	13:54	5:33	2	1:25	37	4:41	10.00	50:16	5:01	3		17	8:14
00 1	0.20	0:21	1:44	2	0:01	7	0:02	10.20	50:37	4:57	2	6:13	17	8:09
00 2	10.00	25:10	2:30	2	2:18	33	7:30	20.20	1:15:47	3:45	2	8:31	17	9:19
00 3	10.00	25:55	2:35	2	2:38	35	8:14	30.20	1:41:42	3:22	2	11:09	17	10:23
00 4	10.00	26:11	2:37	2	2:25	32	7:56	40.20	2:07:53	3:10	2	13:34	17	10:25
000 Rad	10.00	28:49	2:52	2	17:56	32	17:56	50.20	2:36:42	3:07	2	31:30	17	9:14
00 1	0.20	0:38	3:09	2	0:06	39	0:17	50.40	2:37:20	3:07	2	17:25	17	9:20
00 2	2.50	13:54	5:33	3	2:18	39	4:43	52.90	2:51:14	3:14	2	19:43	17	10:20
000 Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	14:42	6:59	3	2:10	39	5:39	55.00	3:05:56	3:22	3	1:39:41	38	1:39:41