



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

□□□□

Basler, Jürgen

□□: WSV 1921 Wolfenbüttel

□□: 3

□□: 55.00 km

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

□□□□:

AK 5 männlich (60 und älter)

□□□: 3:11:44

□□: 17.21 km/h

□□□□: 3:29 min/km

□□□□□/□□□□: 42 (of 46)

□□□□□/□: 38 (of 42)

□□□□□□: 2:08:59

□□□□□: 3(of 3)

□□□□□□□: 2:40:49

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	12:17	4:54	3	2:41	41	4:20	2.50	12:17	4:54	3	2:28	18	2:15	
□□ 2	2.50	13:21	5:20	3	3:40	41	4:57	5.00	25:38	5:07	3	5:46	18	5:30	
□□ 3	2.50	13:16	5:18	3	3:30	40	4:38	7.50	38:54	5:11	3	8:39	18	8:05	
□□□ Rad	2.50	15:12	6:04	3	4:50	40	5:59	10.00	54:06	5:24	3	12:13	18	12:04	
□□ 1	0.20	0:24	2:00	1	-	17	0:05	10.20	54:30	5:20	3	12:11	18	12:02	
□□ 2	10.00	25:18	2:31	3	2:53	34	7:38	20.20	1:19:48	3:57	3	15:04	18	13:20	
□□ 3	10.00	25:49	2:34	3	3:05	34	8:08	30.20	1:45:37	3:29	3	18:09	18	14:18	
□□ 4	10.00	26:43	2:40	3	3:25	35	8:28	40.20	2:12:20	3:17	3	21:34	18	14:52	
□□□ Rad	10.00	28:18	2:49	3	2:24	31	17:25	50.20	2:40:38	3:11	3	23:58	18	13:10	
□□ 1	0.20	0:35	2:54	3	0:04	35	0:14	50.40	2:41:13	3:11	3	23:59	18	13:13	
□□ 2	2.50	15:27	6:10	3	4:15	41	6:16	52.90	2:56:40	3:20	3	27:25	18	15:46	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-	
Lauf	2.10	15:04	7:10	3	3:58	40	6:01	55.00	3:11:44	3:29	3	30:55	39	1:45:29	