



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft
 Hohegeiß / 06.05.2012

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Bade, Hans-Henning

□□□: 3:12:17

□□: MTV FREIHEIT

□□: 17.16 km/h

□□: 2

□□□□: 3:30 min/km

□□: 55.00 km

□□□□□/□□□□: 43 (of 46)

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

□□□□□/□: 39 (of 42)

□□□□□□: 2:08:59

□□□□:

□□□□□: 3(of 4)

AK 4 männlich (50-59 Jahre)

□□□□□□□: 2:44:03

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	11:55	4:46	3	1:56	39	3:58	2.50	11:55	4:46	3	1:56	19	1:53	
□□ 2	2.50	12:07	4:50	2	1:32	37	3:43	5.00	24:02	4:48	3	3:28	19	3:54	
□□ 3	2.50	12:17	4:54	2	1:26	37	3:39	7.50	36:19	4:50	3	4:54	19	5:30	
□□□ Rad	2.50	13:56	5:34	3	1:27	38	4:43	10.00	50:15	5:01	4		19	8:13	
□□ 1	0.20	0:20	1:39	1	-	4	0:01	10.20	50:35	4:57	3	6:11	19	8:07	
□□ 2	10.00	27:30	2:45	3	4:38	39	9:50	20.20	1:18:05	3:51	3	10:49	19	11:37	
□□ 3	10.00	27:58	2:47	3	4:41	39	10:17	30.20	1:46:03	3:30	3	15:30	19	14:44	
□□ 4	10.00	28:27	2:50	3	4:41	39	10:12	40.20	2:14:30	3:20	3	20:11	19	17:02	
□□□ Rad	10.00	30:47	3:04	3	19:54	39	19:54	50.20	2:45:17	3:17	3	40:05	19	17:49	
□□ 1	0.20	0:32	2:39	1	-	29	0:11	50.40	2:45:49	3:17	3	25:54	19	17:49	
□□ 2	2.50	13:15	5:17	2	1:39	37	4:04	52.90	2:59:04	3:23	3	27:33	19	18:10	
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-	
Lauf	2.10	13:13	6:17	2	0:41	37	4:10	55.00	3:12:17	3:29	4	1:46:02	40	1:46:02	