



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

□□□□

Knorrek, Detlef

□□: Judo Team Hannover
 □□: 28

□□: 55.00 km
 HarzMan 10,0-40,0-5,0

□□□□:
 AK 3 männlich (40-49 Jahre)

□□□: 3:25:08

□□: 16.09 km/h
 □□□□: 3:44 min/km

□□□□□/□□□: 44 (of 46)

□□□□□/□: 40 (of 42)

□□□□□□: 2:08:59

□□□□□: 15(of 15)

□□□□□□□: 2:24:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	11:50	4:44	15	3:04	38	3:53	2.50	11:50	4:44	15	2:29	20	1:48
□□ 2	2.50	12:43	5:05	15	3:22	40	4:19	5.00	24:33	4:54	15	5:33	20	4:25
□□ 3	2.50	13:53	5:33	15	4:19	41	5:15	7.50	38:26	5:07	15	9:40	20	7:37
□□□ Rad	2.50	17:25	6:58	15	7:15	41	8:12	10.00	55:51	5:35	15	16:55	20	13:49
□□ 1	0.20	0:27	2:15	11	0:06	32	0:08	10.20	56:18	5:31	15	16:29	20	13:50
□□ 2	10.00	28:00	2:47	15	7:19	40	10:20	20.20	1:24:18	4:10	15	23:48	20	17:50
□□ 3	10.00	28:55	2:53	15	8:12	40	11:14	30.20	1:53:13	3:44	15	32:00	20	21:54
□□ 4	10.00	29:06	2:54	15	8:32	40	10:51	40.20	2:22:19	3:32	15	40:32	20	24:51
□□□ Rad	10.00	31:27	3:08	15	9:45	40	20:34	50.20	2:53:46	3:27	15	50:17	20	26:18
□□ 1	0.20	0:34	2:49	12	0:13	33	0:13	50.40	2:54:20	3:27	15	50:03	20	26:20
□□ 2	2.50	14:39	5:51	15	4:28	40	5:28	52.90	3:08:59	3:34	15	54:13	20	28:05
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	16:09	7:41	15	5:58	41	7:06	55.00	3:25:08	3:43	15	1:00:10	41	1:58:53