



5. Hohegeißer Bergduathlon/ Niedersächsische Landesmeisterschaft

Hohegeiß / 06.05.2012

□□□□

Becher, Kolja

□□: Halberstadt

□□: 5

□□: 55.00 km

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

□□□□:

AK 2 männlich (30-39 Jahre)

□□□: 3:30:53

□□: 15.65 km/h

□□□□: 3:50 min/km

□□□□□/□□□: 45 (of 46)

□□□□□/□: 41 (of 42)

□□□□□□: 2:08:59

□□□□□: 14(of 14)

□□□□□□□: 2:19:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	12:11	4:52	14	4:14	40	4:14	2.50	12:11	4:52	14	4:01	21	2:09
□□ 2	2.50	12:12	4:52	14	3:48	38	3:48	5.00	24:23	4:52	14	7:33	21	4:15
□□ 3	2.50	12:31	5:00	14	3:53	39	3:53	7.50	36:54	4:55	14	11:00	21	6:05
□□□ Rad	2.50	14:50	5:56	14	5:37	39	5:37	10.00	51:44	5:10	14	15:55	21	9:42
□□ 1	0.20	0:28	2:19	12	0:09	34	0:09	10.20	52:12	5:07	14	15:58	21	9:44
□□ 2	10.00	30:12	3:01	14	10:31	41	12:32	20.20	1:22:24	4:04	14	25:23	21	15:56
□□ 3	10.00	32:13	3:13	14	12:24	41	14:32	30.20	1:54:37	3:47	14	36:32	21	23:18
□□ 4	10.00	32:53	3:17	14	11:55	41	14:38	40.20	2:27:30	3:40	14	48:27	21	30:02
□□□ Rad	10.00	35:15	3:31	14	13:23	41	24:22	50.20	3:02:45	3:38	14	1:01:43	21	35:17
□□ 1	0.20	0:29	2:24	11	0:06	21	0:08	50.40	3:03:14	3:38	14	1:01:49	21	35:14
□□ 2	2.50	13:24	5:21	14	4:13	38	4:13	52.90	3:16:38	3:43	14	1:06:02	21	35:44
□□□ Penalty	-	fehlt!	-	-	-	-	-	52.90	-	-	-	-	-	-
Lauf	2.10	14:15	6:47	14	5:09	38	5:12	55.00	3:30:53	3:50	14	1:10:59	42	2:04:38