

## Sharepoint Backup Questions

There are several ways. Third party tools such as AvePoint will provide item level restore. You can also use built in tools such as stsadm.exe to backup sites.

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Does anyone know how to recover a Sharepoint 2.0 backup into 3.0? 2.0 makes the backup a .bak file when backups from 3.0 are converted into a .xml file. Has anyone run into this or know where I might be able to find this out at?

Answer :: Why do you need to know this? .... [Read More](#)