



# 3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

□□□□

KH Am Stadtwald, Kaufhold Schuchhardt-Holzbach

□□: 208

□□: 26.40 km

Harz- Staffel (4.5-19-3.0 km)

□□□□:

Männer-Staffel

□□□□□/□□□□: 2 (of 5)

□□□□□/□: 2 (of 3)

□□□□□□: 1:10:38

□□□□□: 2(of 3)

□□□□□□□: 1:10:38

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|----------|------|-------|--------|----|------|----|------|-------|---------|--------|----|------|----|------|
|          | km   | □□    | min/km | -  | -    | □  | □    | km    | □□      | min/km | -  | -    | □  | □    |
| □□ 1     | 1.50 | 7:16  | 4:50   | 2  | 0:38 | 2  | 0:38 | 1.50  | 7:16    | 4:50   | 2  | 0:38 | 2  | 0:38 |
| □□ 2     | 1.50 | 7:10  | 4:46   | 1  | -    | 1  | -    | 3.00  | 14:26   | 4:48   | 2  | 0:31 | 2  | 0:31 |
| □□□ Rad  | 1.50 | 8:06  | 5:23   | 2  | 0:53 | 2  | 0:53 | 4.50  | 22:32   | 5:00   | 2  | 1:24 | 2  | 1:24 |
| □□ 1     | 6.30 | 8:40  | 1:22   | 1  | -    | 1  | -    | 10.80 | 31:12   | 2:53   | 2  |      | 2  |      |
| □□ 2     | 6.30 | 17:18 | 2:44   | 3  | 8:47 | 3  | 8:47 | 17.10 | 48:30   | 2:50   | 2  | 3:50 | 2  | 3:50 |
| □□□ Rad  | 6.30 | 9:01  | 1:25   | 1  | -    | 1  | -    | 23.40 | 57:31   | 2:27   | 2  | 0:45 | 2  | 0:45 |
| □□ 1     | 1.50 | 7:04  | 4:42   | 2  | 6:42 | 2  | 6:42 | 24.90 | 1:04:35 | 2:35   | 2  | 7:27 | 2  | 7:27 |
| □□□ Lauf | 1.50 | 8:46  | 5:50   | 1  | -    | 1  | -    | 26.40 | 1:13:21 | 2:46   | 2  | 2:43 | 2  | 2:43 |