



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

□□□□

Hoffmann, Hardy

□□□: 1:14:09

□□: VfL 28 Ellrich

□□: 110

□□: 26.40 km

□□□□□/□□□: 11 (of 36)

GeißMan (Jedermannrennen) 4.5-19-3.0 km

□□□□□/□: 11 (of 31)

□□□□□□: 1:01:44

□□□□:

□□□□□: 1(of 6)

AK 3 männlich (40-49 Jahre)

□□□□□□□: 1:14:09

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 1.50 | 5:10 | 3:26 | 1 | - | 14 | 0:32 | 1.50 | 5:10 | 3:26 | 1 | - | 19 | | |
| □□ 2 | 1.50 | 5:39 | 3:46 | 1 | - | 7 | 0:35 | 3.00 | 10:49 | 3:36 | 1 | - | 19 | | |
| □□□ Rad | 1.50 | 6:19 | 4:12 | 1 | - | 8 | 0:31 | 4.50 | 17:08 | 3:48 | 1 | - | 19 | | |
| □□ 1 | 6.30 | 14:23 | 2:16 | 3 | 0:56 | 17 | 7:14 | 10.80 | 31:31 | 2:55 | 1 | - | 19 | | |
| □□ 2 | 6.30 | 14:19 | 2:16 | 3 | 0:53 | 15 | 7:10 | 17.10 | 45:50 | 2:40 | 1 | - | 19 | | |
| □□□ Rad | 6.30 | 15:15 | 2:25 | 3 | 3:22 | 17 | 8:43 | 23.40 | 1:01:05 | 2:36 | 1 | - | 19 | | |
| □□ 1 | 1.50 | 6:40 | 4:26 | 2 | 6:12 | 9 | 6:16 | 24.90 | 1:07:45 | 2:43 | 1 | - | 19 | | |
| □□□ Lauf | 1.50 | 6:24 | 4:15 | 1 | - | 8 | 1:02 | 26.40 | 1:14:09 | 2:48 | 1 | - | 13 | 37:58 | |