



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

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Lilienkamp, Johannes

□□□: 1:20:17

□□: TG Lapeka

□□: 142

□□: 26.40 km

GeißMan (Jedermannrennen) 4.5-19-3.0 km

□□□□□/□□□: 18 (of 36)

□□□□□/□: 17 (of 31)

□□□□□□: 1:01:44

□□□□:

Jugend A männlich (16/17 Jahre)

□□□□□: 4(of 4)

□□□□□□□: 1:10:34

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	1.50	5:20	3:33	4	0:21	15	0:42	1.50	5:20	3:33	4	0:21	13	
□□ 2	1.50	6:43	4:28	4	1:02	21	1:39	3.00	12:03	4:00	4	1:18	13	0:15
□□□ Rad	1.50	7:30	5:00	4	1:13	19	1:42	4.50	19:33	4:20	4	2:23	13	0:32
□□ 1	6.30	13:40	2:10	4	0:40	14	6:31	10.80	33:13	3:04	4	2:41	13	0:06
□□ 2	6.30	14:20	2:16	3	1:08	16	7:11	17.10	47:33	2:46	4	3:38	13	0:26
□□□ Rad	6.30	15:20	2:26	4	1:33	19	8:48	23.40	1:02:53	2:41	4	5:11	13	0:26
□□ 1	1.50	8:37	5:44	4	2:16	22	8:13	24.90	1:11:30	2:52	4	7:27	13	1:59
□□□ Lauf	1.50	8:47	5:51	4	2:16	21	3:25	26.40	1:20:17	3:02	4	9:43	19	44:06