



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

0000

Jonnit GmbH & Co KG, Bergmann Herholt, Drey

00: Hohegeiß

00: 204

00: 26.40 km

Harz- Staffel (4.5-19-3.0 km)

0000:

Mixed-Staffel

00000/000: 4 (of 5)

00000/000: 1 (of 2)

000000: 1:28:03

00000: 1(of 2)

0000000: 1:28:03

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
00 1	1.50	7:30	5:00	2	2:19	2	2:19	1.50	7:30	5:00	1	-	1	-
00 2	1.50	8:07	5:24	2	2:14	2	2:14	3.00	15:37	5:12	1	-	1	-
000 Rad	1.50	8:19	5:32	2	2:19	2	2:19	4.50	23:56	5:19	1	-	1	-
00 1	6.30	14:40	2:19	1	-	1	-	10.80	38:36	3:34	1	-	1	-
00 2	6.30	15:34	2:28	1	-	1	-	17.10	54:10	3:10	1	-	1	-
000 Rad	6.30	15:02	2:23	1	-	1	-	23.40	1:09:12	2:57	1	-	1	-
00 1	1.50	8:52	5:54	2	2:43	2	2:43	24.90	1:18:04	3:08	1	-	1	-
000 Lauf	1.50	9:59	6:39	2	3:52	2	3:52	26.40	1:28:03	3:20	1	-	1	-