



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

0000

Deutsche Post Team, Gallun Weidner Gallun 1:34:02

00: 210

00: 26.40 km

Harz- Staffel (4.5-19-3.0 km)

0000:

Mixed-Staffel

00000/000: 5 (of 5)

00000/000: 2 (of 2)

000000: 1:28:03

00000: 2(of 2)

0000000: 1:28:03

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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	5:11	3:27	1	-	1	-	1.50	5:11	3:27	2	-	2	-
00 2	1.50	5:53	3:55	1	-	1	-	3.00	11:04	3:41	2	-	2	-
000 Rad	1.50	6:00	4:00	1	-	1	-	4.50	17:04	3:47	2	-	2	-
00 1	6.30	21:45	3:27	2	7:05	2	7:05	10.80	38:49	3:35	2	0:13	2	0:13
00 2	6.30	21:37	3:25	2	6:03	2	6:03	17.10	1:00:26	3:32	2	6:16	2	6:16
000 Rad	6.30	21:20	3:23	2	6:18	2	6:18	23.40	1:21:46	3:29	2	12:34	2	12:34
00 1	1.50	6:09	4:06	1	-	1	-	24.90	1:27:55	3:31	2	9:51	2	9:51
000 Lauf	1.50	6:07	4:04	1	-	1	-	26.40	1:34:02	3:33	2	5:59	2	5:59