



# 3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

0000

Heyns, Koen

000: 1:51:51

00: Antwerpen

00: 121

00: 26.40 km

00000/000: 31 (of 36)

GeißMan (Jedermannrennen) 4.5-19-3.0 km

00000/0: 26 (of 31)

000000: 1:01:44

0000:

00000: 9(of 10)

AK 1 männlich (20-29 Jahre)

0000000: 1:04:07

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	1.50	7:33	5:01	10	2:55	30	2:55	1.50	7:33	5:01	9	2:45	4	2:06
00 2	1.50	8:51	5:53	10	3:38	30	3:47	3.00	16:24	5:27	9	6:23	4	4:36
000 Rad	1.50	11:57	7:57	10	6:08	30	6:09	4.50	28:21	6:18	9	12:25	4	9:20
00 1	6.30	20:12	3:12	9	7:57	29	13:03	10.80	48:33	4:29	9	20:02	4	15:26
00 2	6.30	19:45	3:08	8	7:52	27	12:36	17.10	1:08:18	3:59	9	27:35	4	21:11
000 Rad	6.30	22:39	3:35	8	10:23	29	16:07	23.40	1:30:57	3:53	9	37:47	4	28:30
00 1	1.50	10:47	7:11	9	10:23	27	10:23	24.90	1:41:44	4:05	9	42:59	4	32:13
000 Lauf	1.50	10:07	6:44	8	4:45	24	4:45	26.40	1:51:51	4:14	9	47:44	28	1:15:40