



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

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Rabaszowski, Alexander

□□□: 2:17:45

□□: Tri-Team Braunschweig

□□: 182

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 3 (of 25)

□□□□□/□: 3 (of 22)

□□□□□□: 2:06:11

□□□□:

AK 1 männlich (20-29 Jahre)

□□□□□: 1(of 6)

□□□□□□□: 2:17:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	8:10	3:15	1	-	2	0:04	2.50	8:10	3:15	1	-	19		
□□ 2	2.50	8:17	3:18	1	-	2	0:04	5.00	16:27	3:17	1	-	21		
□□ 3	2.50	8:27	3:22	1	-	2	0:13	7.50	24:54	3:19	1	-	21		
□□□ Rad	2.50	9:18	3:43	2	0:03	3	0:30	10.00	34:12	3:25	1	-	21		
□□ 1	10.00	21:24	2:08	3	21:03	9	21:03	20.00	55:36	2:46	1	-	21		
□□ 2	10.00	20:55	2:05	2	0:07	6	2:34	30.00	1:16:31	2:33	1	-	21		
□□ 3	10.00	21:11	2:07	2	0:19	6	2:20	40.00	1:37:42	2:26	1	-	21		
□□□ Rad	10.00	21:56	2:11	1	-	4	2:34	50.00	1:59:38	2:23	1	-	21		
□□ 1	2.50	9:13	3:41	1	-	3	0:47	52.50	2:08:51	2:27	1	-	21		
□□□ Lauf	2.50	8:54	3:33	1	-	1	-	55.00	2:17:45	2:30	1	-	3	11:34	