



# 3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

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Welzel, Felix

□□□: 2:23:01

□□: Öffentliche Triathlon TEAM Braunschweig

□□: 176

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 5 (of 25)

□□□□□/□: 5 (of 22)

□□□□□□: 2:06:11

□□□□:

AK 1 männlich (20-29 Jahre)

□□□□□: 2(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	8:34	3:25	2	0:17	4	0:21	5.00	16:44	3:20	2	0:17	19		
□□ 3	2.50	8:46	3:30	2	0:19	4	0:32	7.50	25:30	3:23	2	0:36	19		
□□□ Rad	2.50	9:15	3:42	1	-	2	0:27	10.00	34:45	3:28	2	0:33	19		
□□ 1	10.00	21:37	2:09	4	21:16	10	21:16	20.00	56:22	2:49	2	0:46	19		
□□ 2	10.00	21:30	2:08	3	0:42	8	3:09	30.00	1:17:52	2:35	2	1:21	19		
□□ 3	10.00	22:00	2:12	3	1:08	9	3:09	40.00	1:39:52	2:29	2	2:10	19		
□□□ Rad	10.00	22:47	2:16	2	0:51	6	3:25	50.00	2:02:39	2:27	2	3:01	19		
□□ 1	2.50	10:23	4:09	2	1:10	6	1:57	52.50	2:13:02	2:32	2	4:11	19		
□□□ Lauf	2.50	9:59	3:59	2	1:05	5	1:05	55.00	2:23:01	2:36	2	5:16	5	16:50	