



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

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Konschak, Katja

□□□: 2:27:28

□□: SV Nordhausen 90 Triathlon

□□: 173

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 7 (of 25)

□□□□□/□: 1 (of 3)

□□□□□□: 2:27:28

□□□□:

AK 2 weiblich (30-39 Jahre)

□□□□□: 1(of 1)

□□□□□□□: 2:27:28

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	2.50	8:59	3:35	1	-	1	-	2.50	8:59	3:35	1	-	1	-
□□ 2	2.50	9:11	3:40	1	-	1	-	5.00	18:10	3:38	1	-	1	-
□□ 3	2.50	9:12	3:40	1	-	1	-	7.50	27:22	3:38	1	-	1	-
□□□ Rad	2.50	10:06	4:02	1	-	1	-	10.00	37:28	3:44	1	-	1	-
□□ 1	10.00	22:44	2:16	1	-	1	-	20.00	1:00:12	3:00	1	-	1	-
□□ 2	10.00	22:15	2:13	1	-	1	-	30.00	1:22:27	2:44	1	-	1	-
□□ 3	10.00	22:06	2:12	1	-	1	-	40.00	1:44:33	2:36	1	-	1	-
□□□ Rad	10.00	23:30	2:21	1	-	1	-	50.00	2:08:03	2:33	1	-	1	-
□□ 1	2.50	0:22	0:08	1	-	1	-	52.50	2:08:25	2:26	1	-	1	-
□□□ Lauf	2.50	19:03	7:37	1	-	2	6:23	55.00	2:27:28	2:40	1	-	1	-