



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

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Lindert, Jörg

□□□: 2:28:13

□□: MTV Fröste am Harz

□□: 169

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 8 (of 25)

□□□□□/□: 7 (of 22)

□□□□□□: 2:06:11

□□□□:

AK 2 männlich (30-39 Jahre)

□□□□□: 3(of 5)

□□□□□□□: 2:06:11

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□□□□

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 2.50 | 9:31 | 3:48 | 4 | 1:25 | 12 | 1:25 | 2.50 | 9:31 | 3:48 | 3 | 1:25 | 17 | | |
| □□ 2 | 2.50 | 9:52 | 3:56 | 3 | 1:39 | 10 | 1:39 | 5.00 | 19:23 | 3:52 | 3 | 3:04 | 17 | | |
| □□ 3 | 2.50 | 10:03 | 4:01 | 3 | 1:49 | 10 | 1:49 | 7.50 | 29:26 | 3:55 | 3 | 4:53 | 17 | | |
| □□□ Rad | 2.50 | 10:46 | 4:18 | 3 | 1:58 | 9 | 1:58 | 10.00 | 40:12 | 4:01 | 3 | 6:51 | 17 | | |
| □□ 1 | 10.00 | 21:01 | 2:06 | 3 | 2:26 | 8 | 20:40 | 20.00 | 1:01:13 | 3:03 | 3 | 9:17 | 17 | | |
| □□ 2 | 10.00 | 21:01 | 2:06 | 3 | 2:40 | 7 | 2:40 | 30.00 | 1:22:14 | 2:44 | 3 | 11:57 | 17 | | |
| □□ 3 | 10.00 | 21:25 | 2:08 | 3 | 2:34 | 7 | 2:34 | 40.00 | 1:43:39 | 2:35 | 3 | 14:31 | 17 | | |
| □□□ Rad | 10.00 | 22:58 | 2:17 | 3 | 3:36 | 7 | 3:36 | 50.00 | 2:06:37 | 2:31 | 3 | 18:07 | 17 | | |
| □□ 1 | 2.50 | 10:27 | 4:10 | 3 | 2:01 | 8 | 2:01 | 52.50 | 2:17:04 | 2:36 | 3 | 20:08 | 17 | | |
| □□□ Lauf | 2.50 | 11:09 | 4:27 | 4 | 2:03 | 10 | 2:15 | 55.00 | 2:28:13 | 2:41 | 3 | 22:02 | 7 | 22:02 | |