



3. Hohegeißer Bergduathlon Hohegeiß / 09.05.2010

□□□□

Ragoß, Daniel

□□□: 2:29:16

□□: NSV Wernigerode

□□: 164

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 9 (of 25)

□□□□□/□: 8 (of 22)

□□□□□□: 2:06:11

□□□□:

AK 1 männlich (20-29 Jahre)

□□□□□: 3(of 6)

□□□□□□□: 2:17:45

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	2.50	9:15	3:42	4	1:05	8	1:09	2.50	9:15	3:42	3	1:05	16	
□□ 2	2.50	10:14	4:05	4	1:57	14	2:01	5.00	19:29	3:53	3	3:02	16	
□□ 3	2.50	10:21	4:08	4	1:54	14	2:07	7.50	29:50	3:58	3	4:56	16	
□□□ Rad	2.50	11:03	4:25	4	1:48	12	2:15	10.00	40:53	4:05	3	6:41	16	
□□ 1	10.00	0:21	0:02	1	-	1	-	20.00	41:14	2:03	3		16	
□□ 2	10.00	20:48	2:04	1	-	4	2:27	30.00	1:02:02	2:04	3		16	
□□ 3	10.00	20:52	2:05	1	-	5	2:01	40.00	1:22:54	2:04	3		16	
□□□ Rad	10.00	43:39	4:21	6	21:43	22	24:17	50.00	2:06:33	2:31	3	6:55	16	
□□ 1	2.50	10:25	4:09	3	1:12	7	1:59	52.50	2:16:58	2:36	3	8:07	16	
□□□ Lauf	2.50	12:18	4:55	5	3:24	16	3:24	55.00	2:29:16	2:42	3	11:31	8	23:05