



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

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Habel, Thomas

□□□: 2:36:10

□□: Drübeck

□□: 157

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 14 (of 25)

□□□□□/□: 13 (of 22)

□□□□□□: 2:06:11

□□□□:

AK 2 männlich (30-39 Jahre)

□□□□□: 4(of 5)

□□□□□□□: 2:06:11

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	8:47	3:30	3	0:41	7	0:41	2.50	8:47	3:30	4	0:41	11		
□□ 2	2.50	10:06	4:02	4	1:53	11	1:53	5.00	18:53	3:46	4	2:34	11		
□□ 3	2.50	10:11	4:04	4	1:57	12	1:57	7.50	29:04	3:52	4	4:31	11		
□□□ Rad	2.50	11:59	4:47	4	3:11	17	3:11	10.00	41:03	4:06	4	7:42	11		
□□ 1	10.00	23:09	2:18	4	4:34	17	22:48	20.00	1:04:12	3:12	4	12:16	11		
□□ 2	10.00	22:22	2:14	4	4:01	10	4:01	30.00	1:26:34	2:53	4	16:17	11		
□□ 3	10.00	23:22	2:20	4	4:31	16	4:31	40.00	1:49:56	2:44	4	20:48	9		
□□□ Rad	10.00	24:32	2:27	4	5:10	12	5:10	50.00	2:14:28	2:41	4	25:58	11	0:43	
□□ 1	2.50	10:52	4:20	4	2:26	12	2:26	52.50	2:25:20	2:46	4	28:24	11	1:07	
□□□ Lauf	2.50	10:50	4:20	3	1:44	8	1:56	55.00	2:36:10	2:50	4	29:59	12	29:59	