



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

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Rabet, Ramin

□□□: 2:36:21

□□: Braunschweig

□□: 163

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 15 (of 25)

□□□□□/□: 14 (of 22)

□□□□□□: 2:06:11

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 5(of 8)

□□□□□□□: 2:18:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:20	3:44	3	0:50	10	1:14	2.50	9:20	3:44	5	0:50	10		
□□ 2	2.50	9:37	3:50	2	0:30	7	1:24	5.00	18:57	3:47	5	1:20	10		
□□ 3	2.50	9:49	3:55	2	0:32	7	1:35	7.50	28:46	3:50	5	1:52	10		
□□□ Rad	2.50	10:31	4:12	2	0:32	7	1:43	10.00	39:17	3:55	5	2:24	10		
□□ 1	10.00	23:00	2:17	6	22:31	15	22:39	20.00	1:02:17	3:06	5	5:14	10		
□□ 2	10.00	23:28	2:20	6	3:40	15	5:07	30.00	1:25:45	2:51	5	8:54	10		
□□ 3	10.00	23:09	2:18	5	3:07	11	4:18	40.00	1:48:54	2:43	5	12:01	10		
□□□ Rad	10.00	25:35	2:33	7	4:28	16	6:13	50.00	2:14:29	2:41	5	16:29	10	0:44	
□□ 1	2.50	11:07	4:26	4	1:17	14	2:41	52.50	2:25:36	2:46	5	17:17	10	1:23	
□□□ Lauf	2.50	10:45	4:17	3	1:07	7	1:51	55.00	2:36:21	2:50	5	17:48	14	30:10	