



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

□□□□

Weiß, Olaf

□□□: 2:38:11

□□: LTV Erfurt

□□: 181

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 17 (of 25)

□□□□□/□: 16 (of 22)

□□□□□□: 2:06:11

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 7 (of 8)

□□□□□□□: 2:18:33

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:37	3:50	5	1:07	13	1:31	2.50	9:37	3:50	7	1:07	8		
□□ 2	2.50	10:08	4:03	5	1:01	12	1:55	5.00	19:45	3:57	7	2:08	8		
□□ 3	2.50	10:18	4:07	6	1:01	13	2:04	7.50	30:03	4:00	7	3:09	8		
□□□ Rad	2.50	11:34	4:37	6	1:35	15	2:46	10.00	41:37	4:09	7	4:44	8		
□□ 1	10.00	22:29	2:14	5	22:00	12	22:08	20.00	1:04:06	3:12	7	7:03	8		
□□ 2	10.00	22:36	2:15	5	2:48	13	4:15	30.00	1:26:42	2:53	7	9:51	8		
□□ 3	10.00	23:29	2:20	7	3:27	17	4:38	40.00	1:50:11	2:45	7	13:18	1	-	
□□□ Rad	10.00	24:57	2:29	6	3:50	15	5:35	50.00	2:15:08	2:42	7	17:08	8	1:23	
□□ 1	2.50	11:08	4:27	5	1:18	15	2:42	52.50	2:26:16	2:47	7	17:57	8	2:03	
□□□ Lauf	2.50	11:55	4:46	7	2:17	14	3:01	55.00	2:38:11	2:52	7	19:38	16	32:00	