



# 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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□□□□

□□□

| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 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   |         |