



# 3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

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Gerber, Joachim

□□□: 2:45:57

□□: Magdeburger TC

□□: 155

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 18 (of 25)

□□□□□/□: 17 (of 22)

□□□□□□: 2:06:11

□□□□:

AK 4 männlich (50-59 Jahre)

□□□□□: 1(of 3)

□□□□□□□: 2:45:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:33	4:13	1	-	20	2:27	2.50	10:33	4:13	1	-	7	0:53	
□□ 2	2.50	11:31	4:36	1	-	20	3:18	5.00	22:04	4:24	1	-	7	1:57	
□□ 3	2.50	11:50	4:44	1	-	20	3:36	7.50	33:54	4:31	1	-	7	3:09	
□□□ Rad	2.50	12:50	5:08	1	-	19	4:02	10.00	46:44	4:40	1	-	7	4:51	
□□ 1	10.00	22:34	2:15	1	-	13	22:13	20.00	1:09:18	3:27	1	-	7	4:49	
□□ 2	10.00	22:39	2:15	1	-	14	4:18	30.00	1:31:57	3:03	1	-	7	4:59	
□□ 3	10.00	23:14	2:19	1	-	13	4:23	40.00	1:55:11	2:52	1	-	7	5:00	
□□□ Rad	10.00	24:35	2:27	1	-	13	5:13	50.00	2:19:46	2:47	1	-	7	6:01	
□□ 1	2.50	11:02	4:24	1	-	13	2:36	52.50	2:30:48	2:52	1	-	7	6:35	
□□□ Lauf	2.50	15:09	6:03	2	1:58	19	6:15	55.00	2:45:57	3:01	1	-	17	39:46	