



# 3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

□□□□

Ohlendort, Michael

□□□: 2:52:31

□□: Triathlon Team Ratingen 08

□□: 175

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 20 (of 25)

□□□□□/□: 19 (of 22)

□□□□□□: 2:06:11

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 8(of 8)

□□□□□□□: 2:18:33

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:41	3:52	6	1:11	16	1:35	2.50	9:41	3:52	8	1:11	5	0:01	
□□ 2	2.50	10:39	4:15	8	1:32	18	2:26	5.00	20:20	4:03	8	2:43	5	0:13	
□□ 3	2.50	11:00	4:24	8	1:43	18	2:46	7.50	31:20	4:10	8	4:26	5	0:35	
□□□ Rad	2.50	12:21	4:56	8	2:22	18	3:33	10.00	43:41	4:22	8	6:48	5	1:48	
□□ 1	10.00	24:38	2:27	8	24:09	21	24:17	20.00	1:08:19	3:24	8	11:16	5	3:50	
□□ 2	10.00	24:50	2:29	7	5:02	18	6:29	30.00	1:33:09	3:06	8	16:18	5	6:11	
□□ 3	10.00	25:58	2:35	8	5:56	21	7:07	40.00	1:59:07	2:58	8	22:14	5	8:56	
□□□ Rad	10.00	27:18	2:43	8	6:11	19	7:56	50.00	2:26:25	2:55	8	28:25	5	12:40	
□□ 1	2.50	10:29	4:11	3	0:39	10	2:03	52.50	2:36:54	2:59	8	28:35	5	12:41	
□□□ Lauf	2.50	15:37	6:14	8	5:59	20	6:43	55.00	2:52:31	3:08	8	33:58	19	46:20	