



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

□□□□

Seegy, Dieter

□□□: 2:57:45

□□: LTV Erfurt

□□: 168

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 21 (of 25)

□□□□□/□: 20 (of 22)

□□□□□□: 2:06:11

□□□□:

AK 4 männlich (50-59 Jahre)

□□□□□: 2(of 3)

□□□□□□□: 2:45:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	11:12	4:28	3	0:39	22	3:06	2.50	11:12	4:28	2	0:39	4	1:32	
□□ 2	2.50	12:34	5:01	2	1:03	21	4:21	5.00	23:46	4:45	2	1:42	4	3:39	
□□ 3	2.50	12:39	5:03	2	0:49	21	4:25	7.50	36:25	4:51	2	2:31	4	5:40	
□□□ Rad	2.50	14:05	5:38	2	1:15	21	5:17	10.00	50:30	5:02	2	3:46	4	8:37	
□□ 1	10.00	24:02	2:24	2	1:28	18	23:41	20.00	1:14:32	3:43	2	5:14	4	10:03	
□□ 2	10.00	24:48	2:28	2	2:09	17	6:27	30.00	1:39:20	3:18	2	7:23	4	12:22	
□□ 3	10.00	24:47	2:28	2	1:33	18	5:56	40.00	2:04:07	3:06	2	8:56	4	13:56	
□□□ Rad	10.00	27:06	2:42	2	2:31	18	7:44	50.00	2:31:13	3:01	2	11:27	4	17:28	
□□ 1	2.50	13:21	5:20	2	2:19	20	4:55	52.50	2:44:34	3:08	2	13:46	4	20:21	
□□□ Lauf	2.50	13:11	5:16	1	-	17	4:17	55.00	2:57:45	3:13	2	11:48	20	51:34	