



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

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Beyer, Harald

□□□: 3:05:12

□□: SV Nordhausen 90 Triathlon

□□: 152

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 22 (of 25)

□□□□□/□: 21 (of 22)

□□□□□□: 2:06:11

□□□□:

AK 4 männlich (50-59 Jahre)

□□□□□: 3(of 3)

□□□□□□□: 2:45:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	11:11	4:28	2	0:38	21	3:05	2.50	11:11	4:28	3	0:38	3	1:31	
□□ 2	2.50	12:34	5:01	2	1:03	21	4:21	5.00	23:45	4:45	3	1:41	3	3:38	
□□ 3	2.50	12:39	5:03	2	0:49	21	4:25	7.50	36:24	4:51	3	2:30	3	5:39	
□□□ Rad	2.50	14:07	5:38	3	1:17	22	5:19	10.00	50:31	5:03	3	3:47	3	8:38	
□□ 1	10.00	24:20	2:25	3	1:46	20	23:59	20.00	1:14:51	3:44	3	5:33	3	10:22	
□□ 2	10.00	24:57	2:29	3	2:18	19	6:36	30.00	1:39:48	3:19	3	7:51	3	12:50	
□□ 3	10.00	25:35	2:33	3	2:21	20	6:44	40.00	2:05:23	3:08	3	10:12	3	15:12	
□□□ Rad	10.00	27:46	2:46	3	3:11	20	8:24	50.00	2:33:09	3:03	3	13:23	3	19:24	
□□ 1	2.50	16:08	6:27	3	5:06	21	7:42	52.50	2:49:17	3:13	3	18:29	3	25:04	
□□□ Lauf	2.50	15:55	6:21	3	2:44	21	7:01	55.00	3:05:12	3:22	3	19:15	21	59:01	