



3. Hohegeißer Bergduathlon

Hohegeiß / 09.05.2010

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Dettelmann, André

□□□: 3:13:22

□□: SFC Harz Weser

□□: 170

□□: 55.00 km

HarzMan (10-40-5 km)

□□□□□/□□□: 24 (of 25)

□□□□□/□: 22 (of 22)

□□□□□□: 2:06:11

□□□□:

AK 2 männlich (30-39 Jahre)

□□□□□: 5(of 5)

□□□□□□□: 2:06:11

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:22	4:08	5	2:16	19	2:16	2.50	10:22	4:08	5	2:16	2	0:42	
□□ 2	2.50	10:56	4:22	5	2:43	19	2:43	5.00	21:18	4:15	5	4:59	2	1:11	
□□ 3	2.50	11:02	4:24	5	2:48	19	2:48	7.50	32:20	4:18	5	7:47	2	1:35	
□□□ Rad	2.50	12:58	5:11	5	4:10	20	4:10	10.00	45:18	4:31	5	11:57	2	3:25	
□□ 1	10.00	26:15	2:37	5	7:40	22	25:54	20.00	1:11:33	3:34	5	19:37	2	7:04	
□□ 2	10.00	26:10	2:37	5	7:49	20	7:49	30.00	1:37:43	3:15	5	27:26	2	10:45	
□□ 3	10.00	26:33	2:39	5	7:42	22	7:42	40.00	2:04:16	3:06	5	35:08	2	14:05	
□□□ Rad	10.00	28:55	2:53	5	9:33	21	9:33	50.00	2:33:11	3:03	5	44:41	2	19:26	
□□ 1	2.50	20:24	8:09	5	11:58	22	11:58	52.50	2:53:35	3:18	5	56:39	2	29:22	
□□□ Lauf	2.50	19:47	7:54	5	10:41	22	10:53	55.00	3:13:22	3:30	5	1:07:11	22	1:07:11	