



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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Schwarz, Michael

000: 1:09:23

00: MTV Gifhorn

00: 15

00: 26.40 km

GeißMan (Jedermannrennen) 4,5-19,0-3,0

00000/000: 3 (of 24)

00000/0: 3 (of 19)

000000: 1:06:12

0000:

00000: 1(of 3)

AK 2 männlich (30-39 Jahre)

0000000: 1:09:23

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	1.50	6:15	4:10	2	1:00	9	1:26	1.50	6:15	4:10	1	-	19	
00 2	1.50	6:21	4:14	2	0:47	8	3:28	3.00	12:36	4:12	1	-	19	
000 Rad	1.50	6:58	4:38	2	0:22	5	0:23	4.50	19:34	4:20	1	-	19	
00 1	6.30	0:20	0:03	1	-	2	0:01	10.80	19:54	1:50	1	-	19	
00 2	6.30	11:58	1:53	1	-	4	0:43	17.10	31:52	1:51	1	-	19	
00 3	0.50	11:51	23:41	1	-	4	0:26	17.60	43:43	2:29	1	-	19	
000 Rad	6.30	12:12	1:56	1	-	2	0:05	23.90	55:55	2:20	1	-	10	
00 1	0.50	0:27	0:54	2	0:01	6	0:05	24.40	56:22	2:18	1	-	10	
00 2	1.50	6:27	4:17	1	-	3	1:20	25.90	1:02:49	2:25	1	-	10	
000 Lauf	1.50	6:34	4:22	1	-	5	3:55	26.40	1:09:23	2:37	1	-	3	3:11