



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Recke, Hanno

□□□: 1:10:15

□□: Lehrter SV Triathlon

□□: 14

□□: 26.40 km

□□□□□/□□□: 4 (of 24)

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

□□□□□/□: 4 (of 19)

□□□□□□: 1:06:12

□□□□:

□□□□□: 2(of 3)

AK 2 männlich (30-39 Jahre)

□□□□□□□: 1:09:23

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 1.50 | 5:15 | 3:30 | 1 | - | 4 | 0:26 | 1.50 | 5:15 | 3:30 | 2 | - | - | 18 | |
| □□ 2 | 1.50 | 5:34 | 3:42 | 1 | - | 4 | 2:41 | 3.00 | 10:49 | 3:36 | 2 | - | - | 18 | |
| □□□ Rad | 1.50 | 6:36 | 4:23 | 1 | - | 2 | 0:01 | 4.50 | 17:25 | 3:52 | 2 | - | - | 18 | |
| □□ 1 | 6.30 | 0:23 | 0:03 | 2 | 0:03 | 7 | 0:04 | 10.80 | 17:48 | 1:38 | 2 | - | - | 18 | |
| □□ 2 | 6.30 | 12:37 | 2:00 | 2 | 0:39 | 6 | 1:22 | 17.10 | 30:25 | 1:46 | 2 | - | - | 18 | |
| □□ 3 | 0.50 | 12:42 | 25:23 | 2 | 0:51 | 5 | 1:17 | 17.60 | 43:07 | 2:26 | 2 | - | - | 18 | |
| □□□ Rad | 6.30 | 13:01 | 2:03 | 2 | 0:49 | 4 | 0:54 | 23.90 | 56:08 | 2:20 | 2 | 0:13 | - | 18 | |
| □□ 1 | 0.50 | 0:26 | 0:52 | 1 | - | 4 | 0:04 | 24.40 | 56:34 | 2:19 | 2 | 0:12 | - | 18 | |
| □□ 2 | 1.50 | 6:57 | 4:38 | 2 | 0:30 | 6 | 1:50 | 25.90 | 1:03:31 | 2:27 | 2 | 0:42 | - | 18 | |
| □□□ Lauf | 1.50 | 6:44 | 4:29 | 2 | 0:10 | 6 | 4:05 | 26.40 | 1:10:15 | 2:39 | 2 | 0:52 | 4 | 4:03 | |