



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Günther, Jonas

□□□: 1:18:02

□□: SKI CLUB Hohegeiß

□□: 20

□□: 26.40 km

□□□□□/□□□: 7 (of 24)

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

□□□□□/□: 7 (of 19)

□□□□□□: 1:06:12

□□□□:

□□□□□: 3(of 5)

AK 1 männlich (20-29 Jahre)

□□□□□□□: 1:06:12

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 1.50 | 5:16 | 3:30 | 3 | 0:13 | 5 | 0:27 | 1.50 | 5:16 | 3:30 | 4 | | | 13 | |
| □□ 2 | 1.50 | 6:12 | 4:08 | 5 | 3:19 | 7 | 3:19 | 3.00 | 11:28 | 3:49 | 4 | | | 13 | |
| □□□ Rad | 1.50 | 7:20 | 4:53 | 4 | 0:45 | 8 | 0:45 | 4.50 | 18:48 | 4:10 | 4 | | | 13 | |
| □□ 1 | 6.30 | 0:22 | 0:03 | 1 | - | 3 | 0:03 | 10.80 | 19:10 | 1:46 | 4 | | | 13 | |
| □□ 2 | 6.30 | 13:19 | 2:06 | 4 | 2:04 | 9 | 2:04 | 17.10 | 32:29 | 1:53 | 4 | 1:31 | | 13 | |
| □□ 3 | 0.50 | 15:08 | 30:15 | 4 | 3:43 | 13 | 3:43 | 17.60 | 47:37 | 2:42 | 4 | 5:14 | | 13 | |
| □□□ Rad | 6.30 | 14:33 | 2:18 | 3 | 2:26 | 8 | 2:26 | 23.90 | 1:02:10 | 2:36 | 3 | 9:14 | | 13 | |
| □□ 1 | 0.50 | 8:06 | 16:11 | 4 | 7:43 | 18 | 7:44 | 24.40 | 1:10:16 | 2:52 | 3 | 16:53 | 13 | 3:26 | |
| □□ 2 | 1.50 | 5:07 | 3:24 | 1 | - | 1 | - | 25.90 | 1:15:23 | 2:54 | 3 | 15:08 | 13 | | |
| □□□ Lauf | 1.50 | 2:39 | 1:46 | 1 | - | 1 | - | 26.40 | 1:18:02 | 2:57 | 3 | 11:50 | 7 | 11:50 | |