



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Kricheldorf, Hans-Ulrich

□□□: 1:19:39

□□: Bad Harzburg

□□: 10

□□: 26.40 km

□□□□□/□□□: 9 (of 24)

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

□□□□□/□: 9 (of 19)

□□□□□□: 1:06:12

□□□□:

□□□□□: 4(of 8)

AK 3 männlich (40-49 Jahre)

□□□□□□□: 1:10:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	1.50	6:29	4:19	3	1:03	11	1:40	1.50	6:29	4:19	4	1:03	1	-	
□□ 2	1.50	7:00	4:40	4	1:09	12	4:07	3.00	13:29	4:29	4	2:12	1	-	
□□□ Rad	1.50	7:51	5:14	4	1:06	12	1:16	4.50	21:20	4:44	4	3:18	1	-	
□□ 1	6.30	0:22	0:03	2	0:03	3	0:03	10.80	21:42	2:00	4	3:17	1	-	
□□ 2	6.30	13:51	2:11	4	1:23	10	2:36	17.10	35:33	2:04	4	4:40	1	-	
□□ 3	0.50	14:09	28:18	4	1:16	9	2:44	17.60	49:42	2:49	4	5:25	1	-	
□□□ Rad	6.30	14:48	2:20	4	1:10	10	2:41	23.90	1:04:30	2:41	4	6:30	11		
□□ 1	0.50	0:31	1:02	3	0:09	8	0:09	24.40	1:05:01	2:39	4	6:39	11		
□□ 2	1.50	7:26	4:57	4	1:59	10	2:19	25.90	1:12:27	2:47	4	8:38	11		
□□□ Lauf	1.50	7:12	4:47	3	0:26	9	4:33	26.40	1:19:39	3:01	4	8:58	9	13:27	