



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Heine, Michael

□□□: 1:21:44

□□: TSV Klein Lafferde

□□: 6

□□: 26.40 km

□□□□□/□□□: 12 (of 24)

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

□□□□□/□: 12 (of 19)

□□□□□□: 1:06:12

□□□□:

□□□□□: 6(of 8)

AK 3 männlich (40-49 Jahre)

□□□□□□□: 1:10:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	1.50	7:07	4:44	7	1:41	16	2:18	1.50	7:07	4:44	6	1:41	8	0:38	
□□ 2	1.50	7:13	4:48	6	1:22	14	4:20	3.00	14:20	4:46	6	3:03	8	0:51	
□□□ Rad	1.50	7:51	5:14	4	1:06	12	1:16	4.50	22:11	4:55	6	4:09	8	0:51	
□□ 1	6.30	0:22	0:03	2	0:03	3	0:03	10.80	22:33	2:05	6	4:08	8	0:51	
□□ 2	6.30	14:06	2:14	5	1:38	11	2:51	17.10	36:39	2:08	6	5:46	8	1:06	
□□ 3	0.50	14:40	29:19	5	1:47	11	3:15	17.60	51:19	2:54	6	7:02	8	1:37	
□□□ Rad	6.30	15:14	2:25	6	1:36	12	3:07	23.90	1:06:33	2:47	6	8:33	8	0:14	
□□ 1	0.50	0:31	1:02	3	0:09	8	0:09	24.40	1:07:04	2:44	6	8:42	8	0:14	
□□ 2	1.50	7:25	4:56	3	1:58	9	2:18	25.90	1:14:29	2:52	6	10:40	8		
□□□ Lauf	1.50	7:15	4:49	4	0:29	10	4:36	26.40	1:21:44	3:05	6	11:03	12	15:32	