



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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Lindert, Kathrin

□□□: 1:22:11

□□: MTV Förste

□□: 26

□□: 26.40 km

□□□□□/□□□: 13 (of 24)

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

□□□□□/□: 1 (of 5)

□□□□□□: 1:22:11

□□□□:

□□□□□: 1(of 2)

AK 2 weiblich (30-39 Jahre)

□□□□□□□: 1:22:11

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| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1     | 1.50     | 6:35     | 4:23         | 1       | -       | 1       | -       | 1.50      | 6:35      | 4:23          | 1       | -       | 1       | -       |
| □□ 2     | 1.50     | 7:09     | 4:46         | 1       | -       | 1       | -       | 3.00      | 13:44     | 4:34          | 1       | -       | 1       | -       |
| □□□ Rad  | 1.50     | 8:02     | 5:21         | 1       | -       | 1       | -       | 4.50      | 21:46     | 4:50          | 1       | -       | 1       | -       |
| □□ 1     | 6.30     | 0:24     | 0:03         | 1       | -       | 1       | -       | 10.80     | 22:10     | 2:03          | 1       | -       | 1       | -       |
| □□ 2     | 6.30     | 14:22    | 2:16         | 1       | -       | 1       | -       | 17.10     | 36:32     | 2:08          | 1       | -       | 1       | -       |
| □□ 3     | 0.50     | 14:53    | 29:45        | 1       | -       | 1       | -       | 17.60     | 51:25     | 2:55          | 1       | -       | 1       | -       |
| □□□ Rad  | 6.30     | 15:25    | 2:26         | 1       | -       | 1       | -       | 23.90     | 1:06:50   | 2:47          | 1       | -       | 1       | -       |
| □□ 1     | 0.50     | 0:27     | 0:54         | 1       | -       | 1       | -       | 24.40     | 1:07:17   | 2:45          | 1       | -       | 1       | -       |
| □□ 2     | 1.50     | 7:26     | 4:57         | 1       | -       | 1       | -       | 25.90     | 1:14:43   | 2:53          | 1       | -       | 1       | -       |
| □□□ Lauf | 1.50     | 7:28     | 4:58         | 1       | -       | 1       | -       | 26.40     | 1:22:11   | 3:06          | 1       | -       | 1       | -       |