



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

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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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 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 | - | |