



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Strobbe, Dirk

□□□: 1:27:55

□□: Vos Reinaert

□□: 21

□□: 26.40 km

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

□□□□□/□□□: 16 (of 24)

□□□□□/□: 14 (of 19)

□□□□□□: 1:06:12

□□□□:

AK 1 männlich (20-29 Jahre)

□□□□□: 4(of 5)

□□□□□□□: 1:06:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	1.50	16:39	11:05	5	11:36	19	11:50	1.50	16:39	11:05	5	11:10	6	10:10	
□□ 2	1.50	2:53	1:55	1	-	1	-	3.00	19:32	6:30	5	7:59	6	6:03	
□□□ Rad	1.50	7:01	4:40	3	0:26	7	0:26	4.50	26:33	5:54	5	7:32	6	5:13	
□□ 1	6.30	0:34	0:05	5	0:12	18	0:15	10.80	27:07	2:30	5	7:41	6	5:25	
□□ 2	6.30	14:57	2:22	5	3:42	13	3:42	17.10	42:04	2:27	5	11:06	6	6:31	
□□ 3	0.50	15:08	30:15	4	3:43	13	3:43	17.60	57:12	3:15	5	14:49	6	7:30	
□□□ Rad	6.30	15:50	2:30	4	3:43	13	3:43	23.90	1:13:02	3:03	4	20:06	6	6:43	
□□ 1	0.50	0:25	0:50	2	0:02	3	0:03	24.40	1:13:27	3:00	4	20:04	6	6:37	
□□ 2	1.50	7:12	4:47	4	2:05	7	2:05	25.90	1:20:39	3:06	4	20:24	6	4:50	
□□□ Lauf	1.50	7:16	4:50	4	4:37	11	4:37	26.40	1:27:55	3:19	4	21:43	14	21:43	