



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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Duracell Hasen

□□□: 1:16:58

□□: Duracell Hasen

□□: 214

□□: 26.40 km

Harz- Staffel 4,5-19,0-3,0

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□□□□□□: 1:16:58

□□□□:

Mixed-Staffel

□□□□□: 1(of 3)

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
□□ 1	1.50	6:51	4:33	1	-	1	-	1.50	6:51	4:33	1	-	1	-
□□ 2	1.50	7:22	4:54	1	-	1	-	3.00	14:13	4:44	1	-	1	-
□□□ Rad	1.50	7:50	5:13	1	-	1	-	4.50	22:03	4:54	1	-	1	-
□□ 1	6.30	0:57	0:09	3	0:31	3	0:31	10.80	23:00	2:07	1	-	1	-
□□ 2	0.50	12:18	24:36	1	-	1	-	11.30	35:18	3:07	1	-	1	-
□□ 3	6.30	13:07	2:04	1	-	1	-	17.60	48:25	2:45	1	-	1	-
□□□ Rad	6.30	12:59	2:03	1	-	1	-	23.90	1:01:24	2:34	1	-	1	-
□□ 1	0.50	0:31	1:02	3	0:10	3	0:10	24.40	1:01:55	2:32	1	-	1	-
□□ 2	1.50	7:26	4:57	2	0:12	2	0:12	25.90	1:09:21	2:40	1	-	1	-
□□□ Lauf	1.50	7:37	5:04	1	-	1	-	26.40	1:16:58	2:54	1	-	1	-