



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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Kinderhaus Stadtwald 2

□□□: 1:33:23

□□: Kinderhaus Stadtwald 2

□□: 216

□□: 26.40 km

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

□□□□□/□□□: 2 (of 3)

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□□□□□□: 1:16:58

□□□□:

Mixed-Staffel

□□□□□: 2(of 3)

□□□□□□: 1:16:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
□□ 1	1.50	7:38	5:05	2	0:47	2	0:47	1.50	7:38	5:05	2	0:47	2	0:47
□□ 2	1.50	9:16	6:10	2	1:54	2	1:54	3.00	16:54	5:37	2	2:41	2	2:41
□□□ Rad	1.50	9:55	6:36	2	2:05	2	2:05	4.50	26:49	5:57	2	4:46	2	4:46
□□ 1	6.30	0:26	0:04	1	-	1	-	10.80	27:15	2:31	2	4:15	2	4:15
□□ 2	0.50	15:28	30:56	2	3:10	2	3:10	11.30	42:43	3:46	2	7:25	2	7:25
□□ 3	6.30	16:48	2:40	2	3:41	2	3:41	17.60	59:31	3:22	2	11:06	2	11:06
□□□ Rad	6.30	17:16	2:44	3	4:17	3	4:17	23.90	1:16:47	3:12	2	15:23	2	15:23
□□ 1	0.50	0:21	0:42	1	-	1	-	24.40	1:17:08	3:09	2	15:13	2	15:13
□□ 2	1.50	7:45	5:10	3	0:31	3	0:31	25.90	1:24:53	3:16	2	15:32	2	15:32
□□□ Lauf	1.50	8:30	5:40	3	0:53	3	0:53	26.40	1:33:23	3:32	2	16:25	2	16:25