



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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**Strothmann, Dirk**

□□□: 2:04:19

□□: LC Solbad Ravensberg

□□: 118

□□: 55.00 km

HarzMan 10,0-40,0-5,0

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□□□□□/□: 1 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 1(of 12)

□□□□□□□: 2:04:19

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	2.50	7:39	3:03	2	0:03	3	0:03	2.50	7:39	3:03	1	-	25	
□□ 2	2.50	8:06	3:14	1	-	2	0:14	5.00	15:45	3:08	1	-	25	
□□ 3	2.50	8:12	3:16	1	-	2	0:01	7.50	23:57	3:11	1	-	25	
□□□ Rad	2.50	8:49	3:31	1	-	1	-	10.00	32:46	3:16	1	-	25	
□□ 1	10.00	0:25	0:02	4	0:05	11	0:05	20.00	33:11	1:39	1	-	25	
□□ 2	10.00	18:17	1:49	1	-	1	-	30.00	51:28	1:42	1	-	25	
□□ 3	10.00	17:56	1:47	1	-	1	-	40.00	1:09:24	1:44	1	-	13	
□□ 4	0.50	18:00	36:00	1	-	1	-	40.50	1:27:24	2:09	1	-	13	
□□□ Rad	10.00	18:34	1:51	1	-	1	-	50.50	1:45:58	2:05	1	-	25	
□□ 1	0.50	0:24	0:48	2	0:01	2	0:01	51.00	1:46:22	2:05	1	-	13	
□□ 2	2.50	9:01	3:36	2	0:02	3	0:26	53.50	1:55:23	2:09	1	-	13	
□□□ Lauf	2.50	8:56	3:34	1	-	2	0:11	55.00	2:04:19	2:15	1	-	1	-