



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Weinmann, Markus

□□□: 2:10:09

□□: Tria Echterdingen

□□: 125

□□: 55.00 km

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

□□□□□/□□□: 3 (of 27)

□□□□□/□: 3 (of 25)

□□□□□□: 2:04:19

□□□□:

□□□□□: 2(of 12)

AK 3 männlich (40-49 Jahre)

□□□□□□□: 2:04:19

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 2.50 | 8:08 | 3:15 | 3 | 0:32 | 4 | 0:32 | 2.50 | 8:08 | 3:15 | 2 | 0:29 | 23 | | |
| □□ 2 | 2.50 | 8:43 | 3:29 | 3 | 0:37 | 4 | 0:51 | 5.00 | 16:51 | 3:22 | 2 | 1:06 | 23 | | |
| □□ 3 | 2.50 | 9:00 | 3:36 | 3 | 0:48 | 4 | 0:49 | 7.50 | 25:51 | 3:26 | 2 | 1:54 | 23 | | |
| □□□ Rad | 2.50 | 9:31 | 3:48 | 3 | 0:42 | 4 | 0:42 | 10.00 | 35:22 | 3:32 | 2 | 2:36 | 23 | | |
| □□ 1 | 10.00 | 0:21 | 0:02 | 2 | 0:01 | 3 | 0:01 | 20.00 | 35:43 | 1:47 | 2 | 2:32 | 23 | | |
| □□ 2 | 10.00 | 18:58 | 1:53 | 2 | 0:41 | 2 | 0:41 | 30.00 | 54:41 | 1:49 | 2 | 3:13 | 23 | | |
| □□ 3 | 10.00 | 18:35 | 1:51 | 2 | 0:39 | 2 | 0:39 | 40.00 | 1:13:16 | 1:49 | 2 | 3:52 | 23 | | |
| □□ 4 | 0.50 | 18:40 | 37:20 | 2 | 0:40 | 2 | 0:40 | 40.50 | 1:31:56 | 2:16 | 2 | 4:32 | 23 | | |
| □□□ Rad | 10.00 | 19:30 | 1:57 | 2 | 0:56 | 2 | 0:56 | 50.50 | 1:51:26 | 2:12 | 2 | 5:28 | 23 | | |
| □□ 1 | 0.50 | 0:23 | 0:46 | 1 | - | 1 | - | 51.00 | 1:51:49 | 2:11 | 2 | 5:27 | 23 | | |
| □□ 2 | 2.50 | 9:09 | 3:39 | 3 | 0:10 | 4 | 0:34 | 53.50 | 2:00:58 | 2:15 | 2 | 5:35 | 23 | | |
| □□□ Lauf | 2.50 | 9:11 | 3:40 | 3 | 0:15 | 4 | 0:26 | 55.00 | 2:10:09 | 2:21 | 2 | 5:50 | 3 | 5:50 | |