



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

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 2(of 12)

□□□□□□□: 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	