



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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Konschak, Ulrich

□□□: 2:12:24

□□: SV Nordhausen 90

□□: 106

□□: 55.00 km

□□□□□/□□□: 4 (of 27)

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

□□□□□/□: 4 (of 25)

□□□□□□: 2:04:19

□□□□:

□□□□□: 3(of 12)

AK 3 männlich (40-49 Jahre)

□□□□□□□: 2:04:19

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	2.50	7:36	3:02	1	-	1	-	2.50	7:36	3:02	3	-	22	
□□ 2	2.50	8:07	3:14	2	0:01	3	0:15	5.00	15:43	3:08	3	-	22	
□□ 3	2.50	8:20	3:20	2	0:08	3	0:09	7.50	24:03	3:12	3	0:06	22	
□□□ Rad	2.50	9:23	3:45	2	0:34	3	0:34	10.00	33:26	3:20	3	0:40	22	
□□ 1	10.00	0:20	0:02	1	-	1	-	20.00	33:46	1:41	3	0:35	22	
□□ 2	10.00	19:33	1:57	3	1:16	4	1:16	30.00	53:19	1:46	3	1:51	22	
□□ 3	10.00	19:41	1:58	3	1:45	4	1:45	40.00	1:13:00	1:49	3	3:36	22	
□□ 4	0.50	19:56	39:52	3	1:56	6	1:56	40.50	1:32:56	2:17	3	5:32	22	
□□□ Rad	10.00	21:07	2:06	3	2:33	6	2:33	50.50	1:54:03	2:15	3	8:05	22	
□□ 1	0.50	0:24	0:48	2	0:01	2	0:01	51.00	1:54:27	2:14	3	8:05	22	
□□ 2	2.50	8:59	3:35	1	-	2	0:24	53.50	2:03:26	2:18	3	8:03	22	
□□□ Lauf	2.50	8:58	3:35	2	0:02	3	0:13	55.00	2:12:24	2:24	3	8:05	4	8:05