



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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Strothmann, Jörn

□□□: 2:16:58

□□: LC Solbad Ravensberg

□□: 120

□□: 55.00 km

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

□□□□□/□□□: 5 (of 27)

□□□□□/□: 5 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 2 männlich (30-39 Jahre)

□□□□□: 1(of 7)

□□□□□□□: 2:16:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	8:24	3:21	1	-	5	0:48	2.50	8:24	3:21	2	-	21		
□□ 2	2.50	9:05	3:38	2	0:09	6	1:13	5.00	17:29	3:29	2	-	21		
□□ 3	2.50	9:26	3:46	2	0:07	6	1:15	7.50	26:55	3:35	2	-	21		
□□□ Rad	2.50	9:53	3:57	1	-	5	1:04	10.00	36:48	3:40	2	-	21		
□□ 1	10.00	0:22	0:02	2	0:01	6	0:02	20.00	37:10	1:51	2	-	21		
□□ 2	10.00	20:41	2:04	1	-	9	2:24	30.00	57:51	1:55	2	-	21		
□□ 3	10.00	19:55	1:59	1	-	6	1:59	40.00	1:17:46	1:56	1	-	21		
□□ 4	0.50	19:19	38:37	1	-	3	1:19	40.50	1:37:05	2:23	1	-	21		
□□□ Rad	10.00	20:11	2:01	1	-	3	1:37	50.50	1:57:16	2:19	2	0:56	21		
□□ 1	0.50	0:28	0:56	2	0:02	11	0:05	51.00	1:57:44	2:18	1	-	21		
□□ 2	2.50	9:50	3:56	1	-	5	1:15	53.50	2:07:34	2:23	1	-	21		
□□□ Lauf	2.50	9:24	3:45	1	-	5	0:39	55.00	2:16:58	2:29	1	-	5	12:39	