



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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Rennieg, Bernd

□□□: 2:22:06

□□: DTU TRIATHLON-ABC

□□: 133

□□: 55.00 km

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

□□□□□/□□□: 6 (of 27)

□□□□□/□: 6 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 4 männlich (50-59 Jahre)

□□□□□: 1(of 3)

□□□□□□□: 2:22:06

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	2.50	9:02	3:36	1	-	8	1:26	2.50	9:02	3:36	1	-	16	
□□ 2	2.50	9:39	3:51	1	-	8	1:47	5.00	18:41	3:44	1	-	20	
□□ 3	2.50	9:47	3:54	1	-	7	1:36	7.50	28:28	3:47	1	-	8	
□□□ Rad	2.50	10:43	4:17	1	-	7	1:54	10.00	39:11	3:55	1	-	20	
□□ 1	10.00	0:27	0:02	2	0:01	15	0:07	20.00	39:38	1:58	1	-	20	
□□ 2	10.00	20:08	2:00	1	-	6	1:51	30.00	59:46	1:59	1	-	20	
□□ 3	10.00	20:00	2:00	1	-	7	2:04	40.00	1:19:46	1:59	1	-	20	
□□ 4	0.50	19:53	39:45	1	-	5	1:53	40.50	1:39:39	2:27	1	-	20	
□□□ Rad	10.00	21:09	2:06	1	-	7	2:35	50.50	2:00:48	2:23	1	-	20	
□□ 1	0.50	0:24	0:48	1	-	2	0:01	51.00	2:01:12	2:22	1	-	20	
□□ 2	2.50	10:05	4:01	1	-	6	1:30	53.50	2:11:17	2:27	1	-	20	
□□□ Lauf	2.50	10:49	4:19	1	-	7	2:04	55.00	2:22:06	2:35	1	-	6	17:47