



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Theuer, Andreas

□□□: 2:27:51

□□: Hannover 96 Triathlon

□□: 121

□□: 55.00 km

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

□□□□□/□□□: 10 (of 27)

□□□□□/□: 10 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 4(of 12)

□□□□□□□: 2:04:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:02	3:36	4	1:26	8	1:26	2.50	9:02	3:36	4	1:23	16		
□□ 2	2.50	9:41	3:52	4	1:35	9	1:49	5.00	18:43	3:44	4	2:58	16		
□□ 3	2.50	10:01	4:00	4	1:49	11	1:50	7.50	28:44	3:49	4	4:47	16		
□□□ Rad	2.50	10:50	4:20	4	2:01	9	2:01	10.00	39:34	3:57	4	6:48	16		
□□ 1	10.00	0:27	0:02	7	0:07	15	0:07	20.00	40:01	2:00	4	6:50	16		
□□ 2	10.00	21:27	2:08	5	3:10	12	3:10	30.00	1:01:28	2:02	4	10:00	16		
□□ 3	10.00	21:19	2:07	5	3:23	12	3:23	40.00	1:22:47	2:04	4	13:23	16		
□□ 4	0.50	21:27	42:53	5	3:27	12	3:27	40.50	1:44:14	2:34	4	16:50	16		
□□□ Rad	10.00	22:01	2:12	4	3:27	10	3:27	50.50	2:06:15	2:30	4	20:17	16		
□□ 1	0.50	0:26	0:52	4	0:03	5	0:03	51.00	2:06:41	2:29	4	20:19	16		
□□ 2	2.50	10:24	4:09	4	1:25	7	1:49	53.50	2:17:05	2:33	4	21:42	16		
□□□ Lauf	2.50	10:46	4:18	4	1:50	6	2:01	55.00	2:27:51	2:41	4	23:32	10	23:32	