



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Ragoß, Daniel

□□□: 2:28:30

□□: NSV Wernigerode

□□: 113

□□: 55.00 km

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

□□□□□/□□□: 11 (of 27)

□□□□□/□: 11 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 1 männlich (20-29 Jahre)

□□□□□: 3(of 3)

□□□□□□□: 2:09:47

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:42	3:52	3	2:06	14	2:06	2.50	9:42	3:52	3	2:06	15		
□□ 2	2.50	10:27	4:10	3	2:35	16	2:35	5.00	20:09	4:01	3	4:41	15		
□□ 3	2.50	10:33	4:13	2	2:22	13	2:22	7.50	30:42	4:05	3	7:03	15		
□□□ Rad	2.50	11:22	4:32	2	2:19	13	2:33	10.00	42:04	4:12	3	9:22	15		
□□ 1	10.00	0:20	0:02	1	-	1	-	20.00	42:24	2:07	3	9:21	15		
□□ 2	10.00	20:23	2:02	3	1:24	7	2:06	30.00	1:02:47	2:05	3	10:45	15		
□□ 3	10.00	20:54	2:05	3	1:38	10	2:58	40.00	1:23:41	2:05	3	12:23	15		
□□ 4	0.50	20:45	41:30	3	1:03	9	2:45	40.50	1:44:26	2:34	3	12:59	15		
□□□ Rad	10.00	21:42	2:10	3	1:08	8	3:08	50.50	2:06:08	2:29	3	14:07	15		
□□ 1	0.50	0:26	0:52	1	-	5	0:03	51.00	2:06:34	2:28	3	14:07	15		
□□ 2	2.50	10:50	4:20	2	2:15	10	2:15	53.50	2:17:24	2:34	3	16:22	15		
□□□ Lauf	2.50	11:06	4:26	2	2:21	11	2:21	55.00	2:28:30	2:42	3	18:43	11	24:11	