



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Beckert, Holger

□□□: 2:31:43

□□: MTV Förste e.V.

□□: 131

□□: 55.00 km

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

□□□□□/□□□: 12 (of 27)

□□□□□/□: 12 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 5(of 12)

□□□□□□□: 2:04:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:02	4:00	5	2:26	16	2:26	2.50	10:02	4:00	5	2:23	1	-
□□ 2	2.50	10:23	4:09	6	2:17	15	2:31	5.00	20:25	4:05	5	4:40	1	-
□□ 3	2.50	10:37	4:14	6	2:25	15	2:26	7.50	31:02	4:08	5	7:05	1	-
□□□ Rad	2.50	11:35	4:38	6	2:46	16	2:46	10.00	42:37	4:15	5	9:51	1	-
□□ 1	10.00	0:25	0:02	4	0:05	11	0:05	20.00	43:02	2:09	5	9:51	1	-
□□ 2	10.00	20:37	2:03	4	2:20	8	2:20	30.00	1:03:39	2:07	5	12:11	1	-
□□ 3	10.00	20:57	2:05	4	3:01	11	3:01	40.00	1:24:36	2:06	5	15:12	14	0:35
□□ 4	0.50	21:09	42:17	4	3:09	11	3:09	40.50	1:45:45	2:36	5	18:21	14	
□□□ Rad	10.00	22:22	2:14	5	3:48	12	3:48	50.50	2:08:07	2:32	5	22:09	1	-
□□ 1	0.50	0:33	1:06	10	0:10	21	0:10	51.00	2:08:40	2:31	5	22:18	14	
□□ 2	2.50	11:50	4:44	7	2:51	14	3:15	53.50	2:20:30	2:37	5	25:07	14	
□□□ Lauf	2.50	11:13	4:29	6	2:17	13	2:28	55.00	2:31:43	2:45	5	27:24	12	27:24