



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Omland, Burkhard

□□□: 2:32:13

□□: Nordhausen 90

□□: 111

□□: 55.00 km

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

□□□□□/□□□: 13 (of 27)

□□□□□/□: 13 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 4 männlich (50-59 Jahre)

□□□□□: 2(of 3)

□□□□□□□: 2:22:06

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	2.50	9:12	3:40	2	0:10	10	1:36	2.50	9:12	3:40	2	0:10	13	
□□ 2	2.50	9:45	3:53	2	0:06	10	1:53	5.00	18:57	3:47	2	0:16	13	
□□ 3	2.50	9:59	3:59	2	0:12	9	1:48	7.50	28:56	3:51	2	0:28	13	
□□□ Rad	2.50	10:46	4:18	2	0:03	8	1:57	10.00	39:42	3:58	2	0:31	13	
□□ 1	10.00	0:26	0:02	1	-	14	0:06	20.00	40:08	2:00	2	0:30	13	
□□ 2	10.00	21:53	2:11	2	1:45	15	3:36	30.00	1:02:01	2:04	2	2:15	12	
□□ 3	10.00	22:00	2:12	2	2:00	14	4:04	40.00	1:24:01	2:06	2	4:15	1	-
□□ 4	0.50	22:08	44:15	2	2:15	14	4:08	40.50	1:46:09	2:37	2	6:30	1	-
□□□ Rad	10.00	23:43	2:22	2	2:34	14	5:09	50.50	2:09:52	2:34	2	9:04	13	1:45
□□ 1	0.50	0:29	0:58	3	0:05	16	0:06	51.00	2:10:21	2:33	2	9:09	1	-
□□ 2	2.50	11:01	4:24	2	0:56	11	2:26	53.50	2:21:22	2:38	2	10:05	1	-
□□□ Lauf	2.50	10:51	4:20	2	0:02	8	2:06	55.00	2:32:13	2:46	2	10:07	13	27:54