



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Franke, Simon

□□□: 2:36:08

□□: RVG Rockenberg

□□: 104

□□: 55.00 km

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

□□□□□/□□□: 14 (of 27)

□□□□□/□: 14 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 2 männlich (30-39 Jahre)

□□□□□: 4(of 7)

□□□□□□□: 2:16:58

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:24	3:45	4	1:00	11	1:48	2.50	9:24	3:45	4			12	
□□ 2	2.50	9:48	3:55	4	0:52	11	1:56	5.00	19:12	3:50	5			12	
□□ 3	2.50	10:00	4:00	4	0:41	10	1:49	7.50	29:12	3:53	5			12	
□□□ Rad	2.50	10:51	4:20	3	0:58	10	2:02	10.00	40:03	4:00	5			12	
□□ 1	10.00	0:24	0:02	4	0:03	9	0:04	20.00	40:27	2:01	5			12	
□□ 2	10.00	21:34	2:09	5	0:53	14	3:17	30.00	1:02:01	2:04	5			12	
□□ 3	10.00	22:05	2:12	4	2:10	15	4:09	40.00	1:24:06	2:06	4	6:20		12	0:05
□□ 4	0.50	21:49	43:37	4	2:30	13	3:49	40.50	1:45:55	2:36	4	8:50		12	
□□□ Rad	10.00	22:49	2:16	4	2:38	13	4:15	50.50	2:08:44	2:32	5	12:24		12	0:37
□□ 1	0.50	0:30	1:00	5	0:04	17	0:07	51.00	2:09:14	2:32	4	11:30		12	
□□ 2	2.50	13:37	5:26	5	3:47	20	5:02	53.50	2:22:51	2:40	4	15:17		12	1:29
□□□ Lauf	2.50	13:17	5:18	5	3:53	20	4:32	55.00	2:36:08	2:50	4	19:10		14	31:49