



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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Friedrich, Olaf

□□□: 2:37:19

□□: Hannover

□□: 135

□□: 55.00 km

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

□□□□□/□□□: 15 (of 27)

□□□□□/□: 15 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 6(of 12)

□□□□□□□: 2:04:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:12	4:04	7	2:36	18	2:36	2.50	10:12	4:04	6	2:33	11	0:10	
□□ 2	2.50	10:37	4:14	7	2:31	18	2:45	5.00	20:49	4:09	6	5:04	11	0:24	
□□ 3	2.50	10:54	4:21	7	2:42	17	2:43	7.50	31:43	4:13	6	7:46	11	0:41	
□□□ Rad	2.50	11:36	4:38	7	2:47	17	2:47	10.00	43:19	4:19	6	10:33	11	0:42	
□□ 1	10.00	0:25	0:02	4	0:05	11	0:05	20.00	43:44	2:11	6	10:33	11	0:42	
□□ 2	10.00	22:38	2:15	6	4:21	16	4:21	30.00	1:06:22	2:12	6	14:54	11	2:43	
□□ 3	10.00	21:56	2:11	6	4:00	13	4:00	40.00	1:28:18	2:12	6	18:54	11	4:17	
□□ 4	0.50	22:11	44:22	6	4:11	15	4:11	40.50	1:50:29	2:43	6	23:05	11	4:20	
□□□ Rad	10.00	23:43	2:22	6	5:09	14	5:09	50.50	2:14:12	2:39	6	28:14	11	6:05	
□□ 1	0.50	0:26	0:52	4	0:03	5	0:03	51.00	2:14:38	2:38	6	28:16	11	4:17	
□□ 2	2.50	11:29	4:35	5	2:30	12	2:54	53.50	2:26:07	2:43	6	30:44	11	4:45	
□□□ Lauf	2.50	11:12	4:28	5	2:16	12	2:27	55.00	2:37:19	2:51	6	33:00	15	33:00	