



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Strothmann, Antje

□□□: 2:38:48

□□: LC Solbad Ravensberg

□□: 119

□□: 55.00 km

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

□□□□□/□□□: 16 (of 27)

□□□□□/□: 1 (of 2)

□□□□□□: 2:38:48

□□□□:

AK 3 weiblich (40-49 Jahre)

□□□□□: 1(of 2)

□□□□□□□: 2:38:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:04	4:01	1	-	1	-	2.50	10:04	4:01	1	-	1	-	
□□ 2	2.50	10:23	4:09	1	-	1	-	5.00	20:27	4:05	1	-	1	-	
□□ 3	2.50	10:36	4:14	1	-	1	-	7.50	31:03	4:08	1	-	1	-	
□□□ Rad	2.50	11:12	4:28	1	-	1	-	10.00	42:15	4:13	1	-	1	-	
□□ 1	10.00	0:25	0:02	1	-	1	-	20.00	42:40	2:07	1	-	1	-	
□□ 2	10.00	23:12	2:19	1	-	1	-	30.00	1:05:52	2:11	1	-	1	-	
□□ 3	10.00	23:27	2:20	1	-	1	-	40.00	1:29:19	2:13	1	-	1	-	
□□ 4	0.50	23:31	47:01	1	-	1	-	40.50	1:52:50	2:47	1	-	1	-	
□□□ Rad	10.00	24:41	2:28	1	-	1	-	50.50	2:17:31	2:43	1	-	1	-	
□□ 1	0.50	0:25	0:50	1	-	1	-	51.00	2:17:56	2:42	1	-	1	-	
□□ 2	2.50	10:17	4:06	1	-	1	-	53.50	2:28:13	2:46	1	-	1	-	
□□□ Lauf	2.50	10:35	4:14	1	-	1	-	55.00	2:38:48	2:53	1	-	1	-	