



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Schubert, Frank

□□□: 2:41:57

□□: SC Langenhagen

□□: 116

□□: 55.00 km

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

□□□□□/□□□: 17 (of 27)

□□□□□/□: 16 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 7(of 12)

□□□□□□□: 2:04:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ 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	10:22	4:08	5	2:16	14	2:30	5.00	20:24	4:04	7	4:39	10		
□□ 3	2.50	10:34	4:13	5	2:22	14	2:23	7.50	30:58	4:07	7	7:01	10		
□□□ Rad	2.50	11:29	4:35	5	2:40	14	2:40	10.00	42:27	4:14	7	9:41	10		
□□ 1	10.00	0:24	0:02	3	0:04	9	0:04	20.00	42:51	2:08	7	9:40	10		
□□ 2	10.00	22:43	2:16	7	4:26	17	4:26	30.00	1:05:34	2:11	7	14:06	10	1:55	
□□ 3	10.00	22:57	2:17	7	5:01	17	5:01	40.00	1:28:31	2:12	7	19:07	10	4:30	
□□ 4	0.50	23:33	47:06	7	5:33	17	5:33	40.50	1:52:04	2:46	7	24:40	10	5:55	
□□□ Rad	10.00	25:26	2:32	7	6:52	18	6:52	50.50	2:17:30	2:43	7	31:32	10	9:23	
□□ 1	0.50	0:30	1:00	7	0:07	17	0:07	51.00	2:18:00	2:42	7	31:38	10	7:39	
□□ 2	2.50	11:40	4:39	6	2:41	13	3:05	53.50	2:29:40	2:47	7	34:17	10	8:18	
□□□ Lauf	2.50	12:17	4:54	8	3:21	16	3:32	55.00	2:41:57	2:56	7	37:38	16	37:38	