



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Ehrlich, Nicky

□□□: 2:45:26

□□: SV Nordhausen 90

□□: 132

□□: 55.00 km

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

□□□□□/□□□: 18 (of 27)

□□□□□/□: 17 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 2 männlich (30-39 Jahre)

□□□□□: 5(of 7)

□□□□□□□: 2:16:58

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	9:52	3:56	6	1:28	15	2:16	2.50	9:52	3:56	6			9	
□□ 2	2.50	10:34	4:13	6	1:38	17	2:42	5.00	20:26	4:05	6			9	0:01
□□ 3	2.50	11:03	4:25	6	1:44	18	2:52	7.50	31:29	4:11	6			9	0:27
□□□ Rad	2.50	12:04	4:49	6	2:11	18	3:15	10.00	43:33	4:21	6			9	0:56
□□ 1	10.00	0:23	0:02	3	0:02	8	0:03	20.00	43:56	2:11	6			9	0:54
□□ 2	10.00	21:32	2:09	4	0:51	13	3:15	30.00	1:05:28	2:10	6			9	1:49
□□ 3	10.00	22:22	2:14	5	2:27	16	4:26	40.00	1:27:50	2:11	5	10:04		9	3:49
□□ 4	0.50	22:43	45:25	5	3:24	16	4:43	40.50	1:50:33	2:43	5	13:28		9	4:24
□□□ Rad	10.00	24:38	2:27	5	4:27	16	6:04	50.50	2:15:11	2:40	6	18:51		9	7:04
□□ 1	0.50	0:34	1:07	6	0:08	23	0:11	51.00	2:15:45	2:39	5	18:01		9	5:24
□□ 2	2.50	16:24	6:33	6	6:34	24	7:49	53.50	2:32:09	2:50	5	24:35		9	10:47
□□□ Lauf	2.50	13:17	5:18	5	3:53	20	4:32	55.00	2:45:26	3:00	5	28:28		17	41:07