



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Boknecht, Thorsten

□□□: 2:49:07

□□: Trie -Team Lüneburg

□□: 128

□□: 55.00 km

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

□□□□□/□□□: 19 (of 27)

□□□□□/□: 18 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 2 männlich (30-39 Jahre)

□□□□□: 6(of 7)

□□□□□□□: 2:16:58

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	8:59	3:35	3	0:35	7	1:23	2.50	8:59	3:35	7			8	
□□ 2	2.50	9:38	3:51	3	0:42	7	1:46	5.00	18:37	3:43	7			8	
□□ 3	2.50	9:51	3:56	3	0:32	8	1:40	7.50	28:28	3:47	7			8	
□□□ Rad	2.50	11:03	4:25	4	1:10	11	2:14	10.00	39:31	3:57	7			8	
□□ 1	10.00	0:32	0:03	7	0:11	22	0:12	20.00	40:03	2:00	7			8	
□□ 2	10.00	23:30	2:21	6	2:49	18	5:13	30.00	1:03:33	2:07	7			8	
□□ 3	10.00	23:59	2:23	6	4:04	18	6:03	40.00	1:27:32	2:11	6	9:46		8	3:31
□□ 4	0.50	25:20	50:39	6	6:01	20	7:20	40.50	1:52:52	2:47	6	15:47		8	6:43
□□□ Rad	10.00	30:23	3:02	7	10:12	24	11:49	50.50	2:23:15	2:50	7	26:55		8	15:08
□□ 1	0.50	0:28	0:56	2	0:02	11	0:05	51.00	2:23:43	2:49	6	25:59		8	13:22
□□ 2	2.50	12:39	5:03	4	2:49	18	4:04	53.50	2:36:22	2:55	6	28:48		8	15:00
□□□ Lauf	2.50	12:45	5:05	4	3:21	19	4:00	55.00	2:49:07	3:04	6	32:09		18	44:48