



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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Schaefer, Gabriel

□□□: 2:50:13

□□: Triathlon Team Lüneburg

□□: 115

□□: 55.00 km

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

□□□□□/□□□: 20 (of 27)

□□□□□/□: 19 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 8(of 12)

□□□□□□□: 2:04:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	11:09	4:27	9	3:33	20	3:33	2.50	11:09	4:27	8	3:30	7	1:07	
□□ 2	2.50	11:32	4:36	9	3:26	20	3:40	5.00	22:41	4:32	8	6:56	7	2:16	
□□ 3	2.50	11:34	4:37	9	3:22	20	3:23	7.50	34:15	4:33	8	10:18	7	3:13	
□□□ Rad	2.50	13:05	5:14	9	4:16	20	4:16	10.00	47:20	4:44	8	14:34	7	4:43	
□□ 1	10.00	0:27	0:02	7	0:07	15	0:07	20.00	47:47	2:23	8	14:36	7	4:45	
□□ 2	10.00	23:42	2:22	9	5:25	20	5:25	30.00	1:11:29	2:22	8	20:01	7	7:50	
□□ 3	10.00	24:03	2:24	8	6:07	19	6:07	40.00	1:35:32	2:23	8	26:08	7	11:31	
□□ 4	0.50	24:15	48:30	8	6:15	18	6:15	40.50	1:59:47	2:57	8	32:23	7	13:38	
□□□ Rad	10.00	25:53	2:35	8	7:19	19	7:19	50.50	2:25:40	2:53	8	39:42	7	17:33	
□□ 1	0.50	0:28	0:56	6	0:05	11	0:05	51.00	2:26:08	2:51	8	39:46	7	15:47	
□□ 2	2.50	12:21	4:56	9	3:22	17	3:46	53.50	2:38:29	2:57	8	43:06	7	17:07	
□□□ Lauf	2.50	11:44	4:41	7	2:48	15	2:59	55.00	2:50:13	3:05	8	45:54	19	45:54	