



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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Lönneker, Stefan

□□□: 2:51:09

□□: Hamburg

□□: 109

□□: 55.00 km

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

□□□□□/□□□: 21 (of 27)

□□□□□/□: 20 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 9(of 12)

□□□□□□□: 2:04:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	10:30	4:12	8	2:54	19	2:54	2.50	10:30	4:12	9	2:51	6	0:28	
□□ 2	2.50	11:10	4:28	8	3:04	19	3:18	5.00	21:40	4:20	9	5:55	6	1:15	
□□ 3	2.50	11:20	4:31	8	3:08	19	3:09	7.50	33:00	4:24	9	9:03	6	1:58	
□□□ Rad	2.50	12:17	4:54	8	3:28	19	3:28	10.00	45:17	4:31	9	12:31	6	2:40	
□□ 1	10.00	0:39	0:03	12	0:19	25	0:19	20.00	45:56	2:17	9	12:45	6	2:54	
□□ 2	10.00	23:33	2:21	8	5:16	19	5:16	30.00	1:09:29	2:18	9	18:01	6	5:50	
□□ 3	10.00	25:00	2:30	9	7:04	20	7:04	40.00	1:34:29	2:21	9	25:05	6	10:28	
□□ 4	0.50	24:35	49:09	9	6:35	19	6:35	40.50	1:59:04	2:56	9	31:40	6	12:55	
□□□ Rad	10.00	26:57	2:41	9	8:23	20	8:23	50.50	2:26:01	2:53	9	40:03	6	17:54	
□□ 1	0.50	0:32	1:03	8	0:09	19	0:09	51.00	2:26:33	2:52	9	40:11	6	16:12	
□□ 2	2.50	12:16	4:54	8	3:17	16	3:41	53.50	2:38:49	2:58	9	43:26	6	17:27	
□□□ Lauf	2.50	12:20	4:56	9	3:24	17	3:35	55.00	2:51:09	3:06	9	46:50	20	46:50	