



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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**Böhning, Hans-Martin**

□□□: 3:03:24

□□: LT Rüniger Roadrunner

□□: 102

□□: 55.00 km

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

□□□□□/□□□: 22 (of 27)

□□□□□/□: 21 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 10(of 12)

□□□□□□□: 2:04:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	11:20	4:31	11	3:44	22	3:44	2.50	11:20	4:31	10	3:41	5	1:18	
□□ 2	2.50	11:57	4:46	10	3:51	21	4:05	5.00	23:17	4:39	10	7:32	3	2:52	
□□ 3	2.50	12:13	4:53	10	4:01	21	4:02	7.50	35:30	4:44	10	11:33	3	4:28	
□□□ Rad	2.50	14:12	5:40	10	5:23	21	5:23	10.00	49:42	4:58	10	16:56	5	7:05	
□□ 1	10.00	0:27	0:02	7	0:07	15	0:07	20.00	50:09	2:30	10	16:58	5	7:07	
□□ 2	10.00	24:18	2:25	10	6:01	21	6:01	30.00	1:14:27	2:28	10	22:59	5	10:48	
□□ 3	10.00	25:46	2:34	10	7:50	21	7:50	40.00	1:40:13	2:30	10	30:49	5	16:12	
□□ 4	0.50	26:15	52:30	10	8:15	21	8:15	40.50	2:06:28	3:07	10	39:04	5	20:19	
□□□ Rad	10.00	28:15	2:49	10	9:41	21	9:41	50.50	2:34:43	3:03	10	48:45	5	26:36	
□□ 1	0.50	0:40	1:19	12	0:17	24	0:17	51.00	2:35:23	3:02	10	49:01	5	25:02	
□□ 2	2.50	13:56	5:34	10	4:57	21	5:21	53.50	2:49:19	3:09	10	53:56	5	27:57	
□□□ Lauf	2.50	14:05	5:38	11	5:09	23	5:20	55.00	3:03:24	3:20	10	59:05	21	59:05	