



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Stein, Klaus - Dieter

□□□: 3:08:46

□□: TRI-Bandits

□□: 129

□□: 55.00 km

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

□□□□□/□□□: 23 (of 27)

□□□□□/□: 22 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 4 männlich (50-59 Jahre)

□□□□□: 3(of 3)

□□□□□□□: 2:22:06

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	11:32	4:36	3	2:30	24	3:56	2.50	11:32	4:36	3	2:30	4	1:30	
□□ 2	2.50	12:26	4:58	3	2:47	23	4:34	5.00	23:58	4:47	3	5:17	4	3:33	
□□ 3	2.50	12:41	5:04	3	2:54	23	4:30	7.50	36:39	4:53	3	8:11	4	5:37	
□□□ Rad	2.50	14:28	5:47	3	3:45	22	5:39	10.00	51:07	5:06	3	11:56	4	8:30	
□□ 1	10.00	0:32	0:03	3	0:06	22	0:12	20.00	51:39	2:34	3	12:01	4	8:37	
□□ 2	10.00	26:34	2:39	3	6:26	23	8:17	30.00	1:18:13	2:36	3	18:27	4	14:34	
□□ 3	10.00	27:29	2:44	3	7:29	23	9:33	40.00	1:45:42	2:38	3	25:56	4	21:41	
□□ 4	0.50	28:07	56:14	3	8:14	23	10:07	40.50	2:13:49	3:18	3	34:10	4	27:40	
□□□ Rad	10.00	29:00	2:53	3	7:51	22	10:26	50.50	2:42:49	3:13	3	42:01	4	34:42	
□□ 1	0.50	0:28	0:56	2	0:04	11	0:05	51.00	2:43:17	3:12	3	42:05	4	32:56	
□□ 2	2.50	12:45	5:05	3	2:40	19	4:10	53.50	2:56:02	3:17	3	44:45	4	34:40	
□□□ Lauf	2.50	12:44	5:05	3	1:55	18	3:59	55.00	3:08:46	3:25	3	46:40	22	1:04:27	