



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Spätlich, Michael

□□□: 3:09:26

□□: Tuspo Grünenplan

□□: 117

□□: 55.00 km

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

□□□□□/□□□: 24 (of 27)

□□□□□/□: 23 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 11(of 12)

□□□□□□□: 2:04:19

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	11:17	4:30	10	3:41	21	3:41	2.50	11:17	4:30	11	3:38	3	1:15
□□ 2	2.50	12:00	4:47	11	3:54	22	4:08	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	14:43	5:53	11	5:54	23	5:54	10.00	50:13	5:01	11	17:27	3	7:36
□□ 1	10.00	0:28	0:02	10	0:08	19	0:08	20.00	50:41	2:32	11	17:30	3	7:39
□□ 2	10.00	26:07	2:36	11	7:50	22	7:50	30.00	1:16:48	2:33	11	25:20	3	13:09
□□ 3	10.00	26:42	2:40	11	8:46	22	8:46	40.00	1:43:30	2:35	11	34:06	3	19:29
□□ 4	0.50	27:52	55:44	11	9:52	22	9:52	40.50	2:11:22	3:14	11	43:58	3	25:13
□□□ Rad	10.00	29:10	2:55	11	10:36	23	10:36	50.50	2:40:32	3:10	11	54:34	3	32:25
□□ 1	0.50	0:32	1:03	8	0:09	19	0:09	51.00	2:41:04	3:09	11	54:42	3	30:43
□□ 2	2.50	14:22	5:44	11	5:23	22	5:47	53.50	2:55:26	3:16	11	1:00:03	3	34:04
□□□ Lauf	2.50	14:00	5:35	10	5:04	22	5:15	55.00	3:09:26	3:26	11	1:05:07	23	1:05:07