



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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Liebig, Ines

□□□: 3:17:09

□□: SV Nordhausen 90

□□: 130

□□: 55.00 km

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

□□□□□/□□□: 25 (of 27)

□□□□□/□: 2 (of 2)

□□□□□□: 2:38:48

□□□□:

AK 3 weiblich (40-49 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 2:38:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	11:35	4:38	2	1:31	2	1:31	2.50	11:35	4:38	2	1:31	2	1:31
□□ 2	2.50	12:00	4:47	2	1:37	2	1:37	5.00	23:35	4:43	2	3:08	2	3:08
□□ 3	2.50	12:25	4:58	2	1:49	2	1:49	7.50	36:00	4:47	2	4:57	2	4:57
□□□ Rad	2.50	13:38	5:27	2	2:26	2	2:26	10.00	49:38	4:57	2	7:23	2	7:23
□□ 1	10.00	0:30	0:03	2	0:05	2	0:05	20.00	50:08	2:30	2	7:28	2	7:28
□□ 2	10.00	28:47	2:52	2	5:35	2	5:35	30.00	1:18:55	2:37	2	13:03	2	13:03
□□ 3	10.00	30:15	3:01	2	6:48	2	6:48	40.00	1:49:10	2:43	2	19:51	2	19:51
□□ 4	0.50	30:34	61:07	2	7:03	2	7:03	40.50	2:19:44	3:27	2	26:54	2	26:54
□□□ Rad	10.00	31:12	3:07	2	6:31	2	6:31	50.50	2:50:56	3:23	2	33:25	2	33:25
□□ 1	0.50	0:32	1:03	2	0:07	2	0:07	51.00	2:51:28	3:21	2	33:32	2	33:32
□□ 2	2.50	12:35	5:01	2	2:18	2	2:18	53.50	3:04:03	3:26	2	35:50	2	35:50
□□□ Lauf	2.50	13:06	5:14	2	2:31	2	2:31	55.00	3:17:09	3:35	2	38:21	2	38:21