



# 4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

□□□□

Reulecke, Dino

□□□: 3:26:53

□□: Klaushof Langeln

□□: 114

□□: 55.00 km

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

□□□□□/□□□: 26 (of 27)

□□□□□/□: 24 (of 25)

□□□□□□: 2:04:19

□□□□:

AK 3 männlich (40-49 Jahre)

□□□□□: 12(of 12)

□□□□□□□: 2:04:19

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	2.50	11:27	4:34	12	3:51	23	3:51	2.50	11:27	4:34	12	3:48	2	1:25	
□□ 2	2.50	13:05	5:14	12	4:59	24	5:13	5.00	24:32	4:54	12	8:47	2	4:07	
□□ 3	2.50	14:04	5:37	12	5:52	24	5:53	7.50	38:36	5:08	12	14:39	2	7:34	
□□□ Rad	2.50	15:56	6:22	12	7:07	24	7:07	10.00	54:32	5:27	12	21:46	2	11:55	
□□ 1	10.00	0:35	0:03	11	0:15	24	0:15	20.00	55:07	2:45	12	21:56	2	12:05	
□□ 2	10.00	27:50	2:46	12	9:33	25	9:33	30.00	1:22:57	2:45	12	31:29	2	19:18	
□□ 3	10.00	28:28	2:50	12	10:32	24	10:32	40.00	1:51:25	2:47	12	42:01	2	27:24	
□□ 4	0.50	30:18	60:36	12	12:18	24	12:18	40.50	2:21:43	3:29	12	54:19	2	35:34	
□□□ Rad	10.00	32:15	3:13	12	13:41	25	13:41	50.50	2:53:58	3:26	12	1:08:00	2	45:51	
□□ 1	0.50	0:33	1:06	10	0:10	21	0:10	51.00	2:54:31	3:25	12	1:08:09	2	44:10	
□□ 2	2.50	15:06	6:02	12	6:07	23	6:31	53.50	3:09:37	3:32	12	1:14:14	2	48:15	
□□□ Lauf	2.50	17:16	6:54	12	8:20	24	8:31	55.00	3:26:53	3:45	12	1:22:34	24	1:22:34	