



4. Hohegeißer Bergduathlon

Hohegeiß / 08.05.2011

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Rustmeyer, Damian

□□□: 54:26

□□: SKI CLUB Hohegeiß

□□: 49

□□: 12.40 km

Panoramic-Trophy (Jugend B) 2,4-8,8-1,2

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□□□□□□: 54:26

□□□□:

Jugend B männlich (14/15 Jahre)

□□□□□: 1(of 2)

□□□□□□□: 54:26

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	0.60	2:30	4:10	1	-	1	-	0.60	2:30	4:10	1	-	1	-
□□ 2	0.60	3:20	5:33	1	-	1	-	1.20	5:50	4:51	1	-	1	-
□□ 3	0.60	5:17	8:48	2	0:51	2	0:51	1.80	11:07	6:10	1	-	1	-
□□□ Rad	0.60	4:23	7:18	1	-	1	-	2.40	15:30	6:27	1	-	1	-
□□ 1	2.20	0:24	0:10	1	-	1	-	4.60	15:54	3:27	1	-	1	-
□□ 2	2.20	6:05	2:45	1	-	1	-	6.80	21:59	3:13	1	-	1	-
□□ 3	2.20	7:59	3:37	1	-	1	-	9.00	29:58	3:19	1	-	1	-
□□□ Rad	2.20	3:42	1:40	1	-	1	-	11.20	33:40	3:00	1	-	1	-
□□ 1	0.60	3:19	5:31	1	-	1	-	11.80	36:59	3:08	1	-	1	-
□□□ Lauf	0.60	17:27	29:04	1	-	1	-	12.40	54:26	4:23	1	-	1	-