



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

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Humbek, Frank

□□□: 3:04:45

□□: RAD-ART Gotha

□□: 302

□□: 55.80 km

XL-Cross (0.8 / 45.0 / 10.0)

□□□□□/□□□: 9 (of 46)

□□□□□/□: 9 (of 40)

□□□□□□: 2:40:33

□□□□:

Triathlon Männer AK40

□□□□□: 4(of 13)

□□□□□□□: 2:49:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.80	17:08	21:24	8	3:23	20	4:29	0.80	17:08	21:24	14		41	
Rad	45.00	1:49:54	2:26	4	12:49:54	7	12:49:54	45.80	2:07:02	2:46	13	8:03	40	
Lauf	10.00	57:43	5:46	6	7:14	20	13:57:43	55.80	3:04:45	3:18	5	1:26:39	10	1:26:39