



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

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Wolf, Holger

□□: Beilstein/ Baden-Württemberg

□□: 337

□□: 55.80 km

XL-Cross (0.8 / 45.0 / 10.0)

□□□□:

Triathlon Männer AK50

□□□□□/□□□: DNF (of 46)

□□□□□/□: DNF (of 40)

□□□□□□: 2:40:33

□□□□□: DNF(of 3)

□□□□□□□: 3:33:31

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.80	18:56	23:39	2	0:58	29	6:17	0.80	18:56	23:39	1	-	41	
Rad	45.00	2:13:46	2:58	1	-	34	2:13:46	45.80	2:32:42	3:20	1	-	40	
Lauf	10.00		-78:00	1	-	2	-	55.80	-	-	-	-	-	-