



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 | 13:13:46 | 45.80 | 2:32:42 | 3:20 | 1 | - | 40 | |
| Lauf | 10.00 | | -78:00 | 1 | - | 2 | - | 55.80 | - | - | - | - | - | - |