



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

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Götz, Christoph

000: 3:15:28

00: Gotha

00: 328

00: 55.80 km

XL-Cross (0.8 / 45.0 / 10.0)

00000/000: 20 (of 46)

00000/0: 20 (of 40)

000000: 2:40:33

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Triathlon Männer AK20

00000: 9(of 11)

0000000: 2:40:33

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.80	15:04	18:49	5	2:25	11	2:25	0.80	15:04	18:49	12	2:05	41	
Rad	45.00	2:09:23	2:52	9	29:54	30	2:09:23	45.80	2:24:27	3:09	12	31:23	40	
Lauf	10.00	51:01	5:06	3	5:03	6	51:01	55.80	3:15:28	3:30	9	34:55	21	1:37:22