



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

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Winterfeld, Patrick

□□□: 3:29:46

□□: Seesportverein Sömmerda e.V

□□: 343

□□: 55.80 km

□□□□□/□□□: 27 (of 46)

XL-Cross (0.8 / 45.0 / 10.0)

□□□□□/□: 26 (of 40)

□□□□□□: 2:40:33

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□□□□□: 10(of 11)

Triathlon Männer AK20

□□□□□□□: 2:40:33

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.80	14:55	18:38	4	2:16	10	2:16	0.80	14:55	18:38	12	1:56	41	
Rad	45.00	2:11:42	2:55	10	32:13	32	2:11:42	45.80	2:26:37	3:12	12	33:33	40	
Lauf	10.00	1:03:09	6:18	10	17:11	27	1:03:09	55.80	3:29:46	3:45	10	49:13	27	1:51:40