



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

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Wolf, Joachim

000: 3:28:35

00: Erfurt

00: 348

00: 55.80 km

XL-Cross (0.8 / 45.0 / 10.0)

00000/000: 25 (of 46)

00000/0: 24 (of 40)

000000: 2:40:33

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Triathlon Männer AK30

00000: 5(of 13)

0000000: 3:02:19

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.80	17:51	22:18	6	3:23	25	5:12	0.80	17:51	22:18	14	3:03	41	
Rad	45.00	2:07:21	2:49	10	14:17	29	13:07:21	45.80	2:25:12	3:10	14		40	
Lauf	10.00	1:03:23	6:20	5	14:03:23	28	14:03:23	55.80	3:28:35	3:44	5	26:16	25	1:50:29