



# 10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

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Wojczyk, Dirk

000: 2:30:18

00: RAD ART RACING TEAM

00: 319

00: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

00000/000: 8 (of 50)

00000/0: 8 (of 43)

000000: 2:12:39

0000:

AK 4, TM 35

00000: 4(of 11)

0000000: 2:21:23

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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	16:11	20:13	7	4:43	29	5:42	0.80	16:11	20:13	1	-	44	
Rad	30.00	1:25:02	2:50	1	-	4	13:06	30.80	1:41:13	3:17	1	-	42	
Lauf	10.00	49:05	4:54	7	6:34	16	9:03	40.80	2:30:18	3:41	4	8:55	9	18:37