



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

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Buchholz, Gert

000: 2:45:19

00: Weinstadt, Baden-Württemberg

00: 303

00: 40.80 km

00000/000: 23 (of 50)

XTERRA Thüringen (0,8/30/10 km)

00000/0: 23 (of 43)

000000: 2:12:39

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00000: 2(of 9)

Senioren 2, TM 45

0000000: 2:43:45

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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	13:30	16:52	1	-	11	3:01	0.80	13:30	16:52	1	-	44	
Rad	30.00	1:40:31	3:21	3	2:43	26	28:35	30.80	1:54:01	3:42	1	-	42	
Lauf	10.00	51:18	5:07	3	2:53	22	11:16	40.80	2:45:19	4:03	2	1:34	24	33:38