



10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

0000

Haertel, Patrick

000: 2:45:03

00: SV Sparkasse Erzgebirge/ Triathlon

00: 360

00: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

00000/000: 21 (of 50)

00000/0: 21 (of 43)

000000: 2:12:39

0000:

AK 4, TM 35

00000: 8(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	14:12	17:44	4	2:44	16	3:43	0.80	14:12	17:44	12			44
Rad	30.00	1:42:18	3:24	10	17:16	30	30:22	30.80	1:56:30	3:46	12	15:17		42
Lauf	10.00	48:33	4:51	4	6:02	11	8:31	40.80	2:45:03	4:02	8	23:40	22	33:22