



# 10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

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Hofen, Christian

000: 1:47:07

00: Mühlhausen

00: 150

00: 29.40 km

Einzel Cross Triathlon (0.4/23/6 km)

00000/000: 74 (of 172)

00000/0: 68 (of 146)

000000: 1:25:53

0000:

00000: 20(of 42)

AK 30 männlich

0000000: 1:25:53

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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 | 0.40  | 7:58    | 19:54  | 11 | 1:00  | 28  | 2:02  | 0.40  | 7:58    | 19:54  | 43 |       | 147 | 0:11  |
| Rad       | 23.00 | 1:03:31 | 2:45   | 18 | 9:30  | 54  | 10:49 | 23.40 | 1:11:29 | 3:03   | 42 |       | 144 | 6:21  |
| Lauf      | 6.00  | 35:38   | 5:56   | 33 | 11:55 | 110 | 11:55 | 29.40 | 1:47:07 | 3:38   | 20 | 21:14 | 68  | 21:14 |