



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Grimmer, Matthias

□□□: 1:29:03

□□: Schnepfenthal

□□: 219

□□: 21.30 km

Einzel Cross Triathlon (0.3/16,0/5,0 km)

□□□□□/□□□: 72 (of 122)

□□□□□/□: 67 (of 105)

□□□□□□: 1:03:47

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AK 2, TM 30

□□□□□: 19(of 27)

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|---------------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.30 | 6:50 | 22:46 | 14 | 2:09 | 46 | 2:09 | 0.30 | 6:50 | 22:46 | 28 | | 106 | 1:54 |
| Schwimmen □□□ | 0.30 | 6:50 | | | | | | | | | | | | |
| Rad | 16.00 | 55:08 | 3:26 | 21 | 15:20 | 70 | 16:35 | 16.30 | 1:01:58 | 3:48 | 27 | 7:15 | 104 | 17:44 |
| Rad □□□ | 16.00 | 55:08 | | | | | | | | | | | | |
| Lauf | 5.00 | 27:05 | 5:24 | 19 | 8:20 | 73 | 8:20 | 21.30 | 1:29:03 | 4:10 | 19 | 25:16 | 67 | 25:16 |
| Lauf □□□ | 21.00 | 1:29:03 | | | | | | | | | | | | |