



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Wirte, Detlef

□□□: 1:40:24

□□: TRIATHLON Gera

□□: 226

□□: 21.30 km

□□□□□/□□□: 100 (of 122)

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

□□□□□/□: 90 (of 105)

□□□□□□: 1:03:47

□□□□:

□□□□□: 33(of 37)

Senioren 1, TM 40

□□□□□□□: 1:09:52

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|---------------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.30 | 8:09 | 27:10 | 30 | 3:20 | 83 | 3:28 | 0.30 | 8:09 | 27:10 | 38 | 0:41 | 106 | 3:13 |
| Schwimmen □□□ | 0.30 | 8:09 | | | | | | | | | | | | |
| Rad | 16.00 | 1:03:31 | 3:58 | 33 | 22:56 | 92 | 24:58 | 16.30 | 1:11:40 | 4:23 | 38 | 10:43 | 54 | 27:26 |
| Rad □□□ | 16.00 | 1:03:31 | | | | | | | | | | | | |
| Lauf | 5.00 | 28:44 | 5:44 | 29 | 8:14 | 81 | 9:59 | 21.30 | 1:40:24 | 4:42 | 33 | 30:32 | 90 | 36:37 |
| Lauf □□□ | 21.00 | 1:40:24 | | | | | | | | | | | | |