



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Dirkes, Siegfried

□□□: 1:20:11

□□: Triathlon Friedrichroda

□□: 101

□□: 21.30 km

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

□□□□□/□□□: 38 (of 122)

□□□□□/□: 38 (of 105)

□□□□□□: 1:03:47

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Senioren 2, TM 50

□□□□□: 4(of 14)

□□□□□□□: 1:04:52

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|---------------|-------|---------|--------|----|------|----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.30 | 6:10 | 20:33 | 3 | 0:37 | 26 | 1:29 | 0.30 | 6:10 | 20:33 | 15 | | 106 | 1:14 |
| Schwimmen □□□ | 0.30 | 6:10 | | | | | | | | | | | | |
| Rad | 16.00 | 48:56 | 3:03 | 4 | 9:35 | 37 | 10:23 | 16.30 | 55:06 | 3:22 | 15 | 5:54 | 104 | 10:52 |
| Rad □□□ | 16.00 | 48:56 | | | | | | | | | | | | |
| Lauf | 5.00 | 25:05 | 5:00 | 6 | 5:07 | 43 | 6:20 | 21.30 | 1:20:11 | 3:45 | 4 | 15:19 | 38 | 16:24 |
| Lauf □□□ | 21.00 | 1:20:11 | | | | | | | | | | | | |