



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Czerny, Holger

000: 1:53:59

00: Gotha

00: 220

00: 21.30 km

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

00000/000: 116 (of 122)

00000/0: 101 (of 105)

000000: 1:03:47

0000:

Senioren 3, TM 60

00000: 3(of 3)

0000000: 1:29:38

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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	0.30	8:09	27:10	2	0:44	83	3:28	0.30	8:09	27:10	4	0:44	106	3:13
Schwimmen 000	0.30	8:09												
Rad	16.00	1:06:53	4:10	3	13:46	100	28:20	16.30	1:15:02	4:36	4	14:30	104	30:48
Rad 000	16.00	1:06:53												
Lauf	5.00	38:57	7:47	3	9:51	102	20:12	21.30	1:53:59	5:21	3	24:21	101	50:12
Lauf 000	21.00	1:53:59												