



11. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 15.07.2012

□□□□

Wallbraun, Michael

□□□: 1:12:37

□□: SV1899 Mühlhausen

□□: 136

□□: 21.30 km

□□□□□/□□□: 15 (of 122)

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

□□□□□/□: 15 (of 105)

□□□□□□: 1:03:47

□□□□:

□□□□□: 2(of 8)

Triathlon Jugend männlich bis 19 Jahre

□□□□□□□: 1:06:41

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|---------------|-------|---------|--------|----|------|----|------|-------|---------|--------|----|------|-----|------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.30 | 5:28 | 18:13 | 2 | 0:07 | 12 | 0:47 | 0.30 | 5:28 | 18:13 | 1 | - | 106 | 0:32 |
| Schwimmen □□□ | 0.30 | 5:28 | | | | | | | | | | | | |
| Rad | 16.00 | 47:10 | 2:56 | 4 | 7:02 | 27 | 8:37 | 16.30 | 52:38 | 3:13 | 1 | - | 104 | 8:24 |
| Rad □□□ | 16.00 | 47:10 | | | | | | | | | | | | |
| Lauf | 5.00 | 19:59 | 3:59 | 1 | - | 3 | 1:14 | 21.30 | 1:12:37 | 3:24 | 2 | 5:56 | 15 | 8:50 |
| Lauf □□□ | 21.00 | 1:12:37 | | | | | | | | | | | | |