



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Hammer, Thomas

000: 2:59:14

00: Erfurt

00: 373

00: 38.60 km

XTERRA Thüringen (0,6/28,0/10,0 km)

00000/000: 46 (of 82)

00000/0: 43 (of 78)

000000: 2:05:51

0000:

Senioren 1, TM 40

00000: 11(of 21)

0000000: 2:06:52

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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	0.60	13:17	22:08	14	6:24	55	8:34	0.60	13:17	22:08	22	0:54	78	3:18
Schwimmen 000	0.60	13:17												
Rad	28.00	1:47:58	3:51	10	28:46	36	57:07	28.60	2:01:15	4:14	21		77	0:44
Rad 000	28.00	1:47:58												
Lauf	10.00	57:59	5:47	16	19:44	60	45:16	38.60	2:59:14	4:38	11	52:22	44	1:35:59
Lauf 000	38.00	2:59:14												