



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Schwarz, Michael

□□□: 1:09:42

□□: MTV Gifhorn

□□: 102

□□: 21.30 km

□□□□□/□□□: 7 (of 122)

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

□□□□□/□: 7 (of 105)

□□□□□□: 1:03:47

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□□□□□: 4(of 27)

AK 2, TM 30

□□□□□□□: 1:03:47

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	5:11	17:16	3	0:30	6	0:30	0.30	5:11	17:16	28		106	0:15
Schwimmen □□□	0.30	5:11												
Rad	16.00	42:13	2:38	4	2:25	8	3:40	16.30	47:24	2:54	27		104	3:10
Rad □□□	16.00	42:13												
Lauf	5.00	22:18	4:27	4	3:33	15	3:33	21.30	1:09:42	3:16	4	5:55	7	5:55
Lauf □□□	21.00	1:09:42												