



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Hasenstein, Mario

□□□: 1:17:45

□□: Feuerwehr Gotha-Siebleben

□□: 178

□□: 21.30 km

□□□□□/□□□: 31 (of 122)

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

□□□□□/□: 30 (of 105)

□□□□□□: 1:03:47

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□□□□□: 9(of 37)

Senioren 1, TM 40

□□□□□□□: 1:09:52

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	7:27	24:50	24	2:38	67	2:46	0.30	7:27	24:50	38		106	2:31
Schwimmen □□□	0.30	7:27												
Rad	16.00	48:27	3:01	9	7:52	33	9:54	16.30	55:54	3:25	38		104	11:40
Rad □□□	16.00	48:27												
Lauf	5.00	21:51	4:22	4	1:21	9	3:06	21.30	1:17:45	3:39	9	7:53	30	13:58
Lauf □□□	21.00	1:17:45												