



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

□□□□

Weindl, Peter

□□□: 1:36:53

□□: Waltershausen

□□: 109

□□: 21.30 km

□□□□□/□□□: 93 (of 122)

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

□□□□□/□: 85 (of 105)

□□□□□□: 1:03:47

□□□□:

□□□□□: 28(of 37)

Senioren 1, TM 40

□□□□□□□: 1:09:52

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	8:58	29:53	36	4:09	99	4:17	0.30	8:58	29:53	38	1:30	106	4:02
Schwimmen □□□	0.30	8:58												
Rad	16.00	1:00:18	3:46	29	19:43	85	21:45	16.30	1:09:16	4:14	38	8:19	104	25:02
Rad □□□	16.00	1:00:18												
Lauf	5.00	27:37	5:31	26	7:07	76	8:52	21.30	1:36:53	4:32	28	27:01	85	33:06
Lauf □□□	21.00	1:36:53												