



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Karlowsky, Michael

□□□: 1:10:04

□□: Dresden

□□: 123

□□: 21.30 km

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

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□□□□□/□: 9 (of 105)

□□□□□□: 1:03:47

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Senioren 1, TM 40

□□□□□: 2(of 37)

□□□□□□□: 1:09:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen	0.30	6:45	22:30	16	1:56	43	2:04	0.30	6:45	22:30	38			106	1:49
Schwimmen □□□	0.30	6:45													
Rad	16.00	40:35	2:32	1	-	5	2:02	16.30	47:20	2:54	38			104	3:06
Rad □□□	16.00	40:35													
Lauf	5.00	22:44	4:32	9	2:14	25	3:59	21.30	1:10:04	3:17	2	0:12		9	6:17
Lauf □□□	21.00	1:10:04													