



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Karlowsky, Michael

□□□: 1:10:04

□□: Dresden

□□: 123

□□: 21.30 km

□□□□□/□□□: 9 (of 122)

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

□□□□□/□: 9 (of 105)

□□□□□□: 1:03:47

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□□□□□: 2(of 37)

Senioren 1, TM 40

□□□□□□□: 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												