



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Haertel, Patrick

□□□: 1:17:11

□□: Spk. Erzgebirge e.V./Triathlon Jena e.V.

□□: 193

□□: 21.30 km

□□□□□/□□□: 27 (of 122)

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

□□□□□/□: 27 (of 105)

□□□□□□: 1:03:47

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□□□□□: 9(of 27)

AK 2, TM 30

□□□□□□□: 1:03:47

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	4:51	16:10	2	0:10	3	0:10	0.30	4:51	16:10	28	-	104	10:29
Schwimmen □□□	0.30	4:51												
Rad	16.00	49:52	3:07	14	10:04	43	11:19	16.30	54:43	3:21	1	-	104	10:29
Rad □□□	16.00	49:52												
Lauf	5.00	22:28	4:29	6	3:43	19	3:43	21.30	1:17:11	3:37	9	13:24	27	13:24
Lauf □□□	21.00	1:17:11												