



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Jaekel, Peter

□□□: 1:11:48

□□: Medletik Laufteam/Suhl

□□: 118

□□: 21.30 km

□□□□□/□□□: 11 (of 122)

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

□□□□□/□: 11 (of 105)

□□□□□□: 1:03:47

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□□□□□: 2(of 14)

Senioren 2, TM 50

□□□□□□□: 1:04:52

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	6:26	21:26	5	0:53	32	1:45	0.30	6:26	21:26	1	-	106	1:30
Schwimmen □□□	0.30	6:26												
Rad	16.00	42:46	2:40	3	3:25	11	4:13	16.30	49:12	3:01	1	-	104	4:58
Rad □□□	16.00	42:46												
Lauf	5.00	22:36	4:31	2	2:38	21	3:51	21.30	1:11:48	3:22	2	6:56	11	8:01
Lauf □□□	21.00	1:11:48												