



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Ritzmann, Peter

□□□: 1:11:48

□□: Schweina

□□: 223

□□: 21.30 km

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

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□□□□□□: 1:03:47

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AK 1, TM 20

□□□□□: 3(of 15)

□□□□□□□: 1:06:06

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	5:50	19:26	4	0:54	22	1:09	0.30	5:50	19:26	16	0:54	106	0:54
Schwimmen □□□	0.30	5:50												
Rad	16.00	43:31	2:43	3	4:58	14	4:58	16.30	49:21	3:01	15	5:07	104	5:07
Rad □□□	16.00	43:31												
Lauf	5.00	22:27	4:29	2	0:35	18	3:42	21.30	1:11:48	3:22	3	5:42	11	8:01
Lauf □□□	21.00	1:11:48												