



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Koch, Siegfried

000: 1:29:38

00: TV Barchfeld

00: 180

00: 21.30 km

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

00000/000: 74 (of 122)

00000/0: 69 (of 105)

000000: 1:03:47

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Senioren 3, TM 60

00000: 1(of 3)

0000000: 1:29:38

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.30	7:25	24:43	1	-	65	2:44	0.30	7:25	24:43	1	-	106	2:29
Schwimmen 000	0.30	7:25												
Rad	16.00	53:07	3:19	1	-	56	14:34	16.30	1:00:32	3:42	1	-	104	16:18
Rad 000	16.00	53:07												
Lauf	5.00	29:06	5:49	1	-	85	10:21	21.30	1:29:38	4:12	1	-	69	25:51
Lauf 000	21.00	1:29:38												