



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

□□□□

Nothnagel, Uwe

□□□: 1:22:13

□□: Fitnessoase-Ohrdruf

□□: 214

□□: 21.30 km

□□□□□/□□□: 43 (of 122)

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

□□□□□/□: 43 (of 105)

□□□□□□: 1:03:47

□□□□:

□□□□□: 14(of 37)

Senioren 1, TM 40

□□□□□□□: 1:09:52

□□□□

□□□□

□□□

| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|---------------|-------|---------|--------|----|------|----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.30 | 6:28 | 21:33 | 11 | 1:39 | 34 | 1:47 | 0.30 | 6:28 | 21:33 | 38 | | 106 | 1:32 |
| Schwimmen □□□ | 0.30 | 6:28 | | | | | | | | | | | | |
| Rad | 16.00 | 49:12 | 3:04 | 12 | 8:37 | 40 | 10:39 | 16.30 | 55:40 | 3:24 | 38 | | 104 | 11:26 |
| Rad □□□ | 16.00 | 49:12 | | | | | | | | | | | | |
| Lauf | 5.00 | 26:33 | 5:18 | 22 | 6:03 | 65 | 7:48 | 21.30 | 1:22:13 | 3:51 | 14 | 12:21 | 43 | 18:26 |
| Lauf □□□ | 21.00 | 1:22:13 | | | | | | | | | | | | |