



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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Nendzynski, Frank

□□□: 1:43:30

□□: ZSG Grün-Weiß Waltershausen

□□: 138

□□: 21.30 km

□□□□□/□□□: 106 (of 122)

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

□□□□□/□: 94 (of 105)

□□□□□□: 1:03:47

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□□□□□: 35(of 37)

Senioren 1, TM 40

□□□□□□□: 1:09:52

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|---------------|-------|---------|--------|----|-------|-----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.30 | 9:04 | 30:13 | 37 | 4:15 | 100 | 4:23 | 0.30 | 9:04 | 30:13 | 38 | 1:36 | 106 | 4:08 |
| Schwimmen □□□ | 0.30 | 9:04 | | | | | | | | | | | | |
| Rad | 16.00 | 1:03:47 | 3:59 | 34 | 23:12 | 93 | 25:14 | 16.30 | 1:12:51 | 4:28 | 38 | 11:54 | 104 | 28:37 |
| Rad □□□ | 16.00 | 1:03:47 | | | | | | | | | | | | |
| Lauf | 5.00 | 30:39 | 6:07 | 34 | 10:09 | 93 | 11:54 | 21.30 | 1:43:30 | 4:51 | 35 | 33:38 | 94 | 39:43 |
| Lauf □□□ | 21.00 | 1:43:30 | | | | | | | | | | | | |