



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

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**Burghardt, Heiko**

□□□: 1:37:10

□□: Sindbad`s Attacke

□□: 165

□□: 21.30 km

□□□□□/□□□: 94 (of 122)

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

□□□□□/□: 86 (of 105)

□□□□□□: 1:03:47

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□□□□□: 29(of 37)

Senioren 1, TM 40

□□□□□□□: 1:09:52

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Schwimmen	0.30	7:50	26:06	27	3:01	75	3:09	0.30	7:50	26:06	38	0:22	106	2:54
Schwimmen □□□	0.30	7:50												
Rad	16.00	59:55	3:44	28	19:20	83	21:22	16.30	1:07:45	4:09	38	6:48	104	23:31
Rad □□□	16.00	59:55												
Lauf	5.00	29:25	5:53	32	8:55	88	10:40	21.30	1:37:10	4:33	29	27:18	86	33:23
Lauf □□□	21.00	1:37:10												